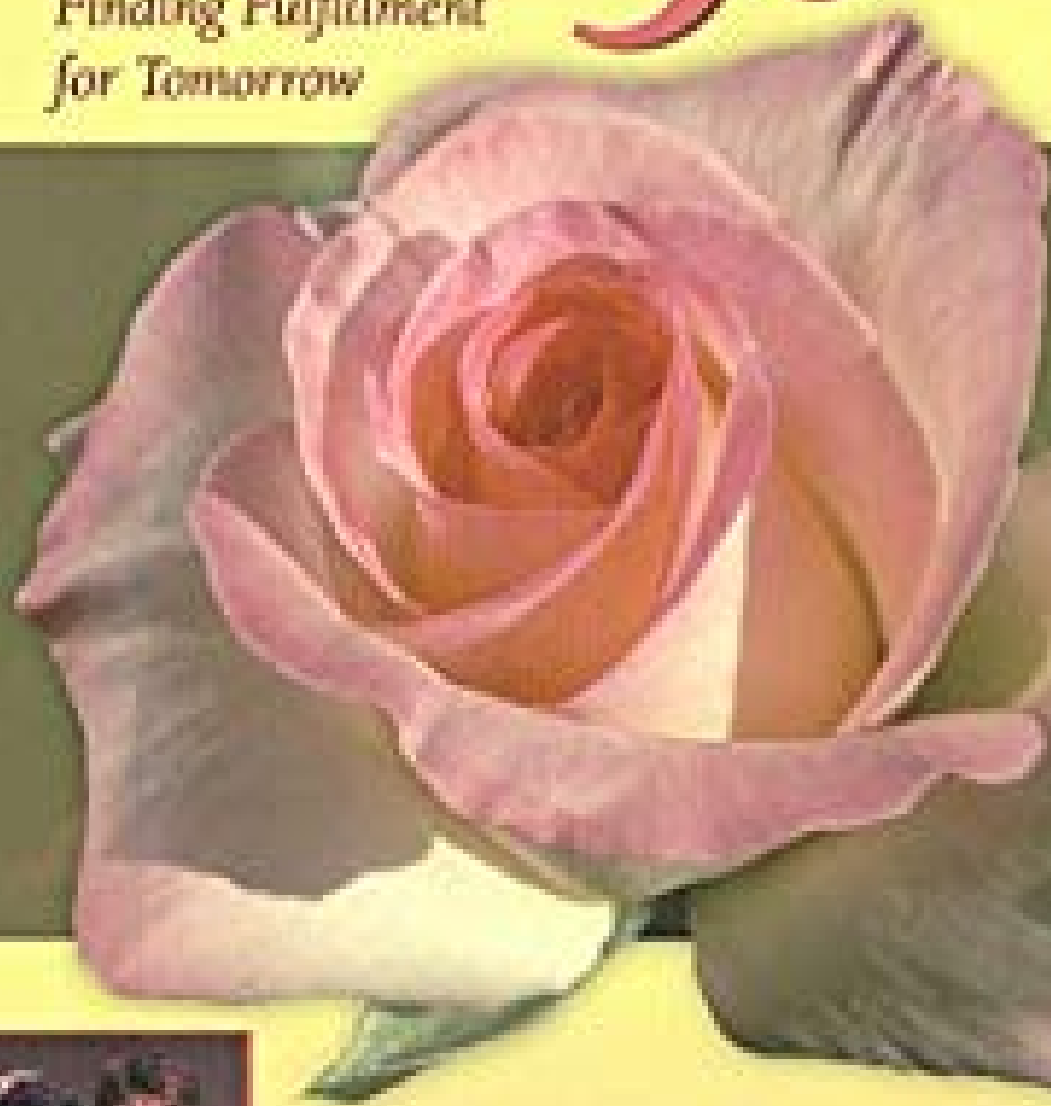


Fabulous *After* 50

Finding Fulfillment
for Tomorrow



Shirley Mitchell
with Jane Rubietta

Shirley W. Mitchell

Fabulous After 50: Finding Fulfillment for Tomorrow



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In this age of living longer, many women forget about living BETTER! Mitchell was authoring positive aging lifestyles before most had been even thinking about it. Fabulous after 50®~Selecting Fulfillment for Tomorrow is the first reserve in the 3 book inspirational and motivational Series. Our objective for Fabulous after 50® is to provide emotional, spiritual, and psychological wisdom, support, and guidance for women getting into the second half of life. Fabulous after 50®~Getting Fulfillment for Tomorrow, written in the crucible of lifestyle, will inflame aging women with a interest - the flame of the future is a new mental posture for females - feeling younger while getting older, and improving while aging. This doesn't need to be! 160 Web pages 5 3/8 X 8 3/8 Paperback Shirley W. The race to prolong life in some way stops the travel to add quality to that existence. Her enthusiasm is promoting positive aging and vitality in health insurance and she is recognized as among the top authors and authors on ageing, seniors, senior lifestyles, the infant boomer era, and women's issues.



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good deal, and came fast, needlessly to say, very happy Good advice for just about any age Extremely uplifting and inspirational. Advice for any age. An excellent reminder that over fifty can be our second adulthood and we need to keep dreaming, maintain working, and workout to keep our minds and bodies strong, energetic and healthy. Writer Shirley W..FABULOUS AFTER 50 taught me personally how to AGE OUTSIDE THE Package. Among the topics Shirley covers are. The 11 maturing successfully attitudes at the end of each chapter provide a positive spin on maturing... Here's dynamic evidence that living longer can also mean living better!FABULOUS AFTER FIFTY is the first reserve by Ms. Mitchell I've read. It's the Attitude of Life Aging. I myself just reached that threshold, the Golden Fifty, and found this book to end up being interestingly educational in confronting the more important issues accessible for the second part of lifestyle. It did shine through occasionally and I smiled as I imagined Ms. Mitchell saying what.I loved the very best ten lists that are included in the chapters along with the attitudes of aging. Ms.. fabulous after fifty Faced with the continuous barrage of a youth-oriented culture, a lot of women today have developed a negative attitude toward the unpleasant reality of aging. Highly recommended.. What a fantastic and informative consider aging! Shirley Mitchell and Jane Rubietta boldly face what we often deem "the mid-lifestyle crisis" with grace and vitality using educational references to menopause, nourishment, and your brain and body spiritual influences to enlighten those folks hitting the big "50" mark with reservations.Full of life, energy and inspiration, I found myself easily caught up with the concept that I can live better, appearance better and feel better. Combining knowledge with motivation, faith and motivation, Personally i think virtually revived knowing I'm not by yourself and don't have to fear ageing but instead, I can exist to the fullest. My just regret is normally that I didn't go through this reserve before I switched the "Golden 50"!An excellent read for all women, regardless of the age, because you can use the data you will gain out of this book to get ready for that eventual turning stage in your life. You can start searching and feeling better today!.. Fabulous after 50 is an influenced journey of Hopes, Dreams and Faith. Bravo!. Capturing the Essence of Lifestyle has been your commitment to the immense possibilities of discovering life through Ageing, graduating into the second half, and creating Ageless Living and Unlimited Energy. Capturing the Essence of Life... it is attitude with Class and Style. It's like graduating from High School and entering that College door !. I'm used to becoming on her behalf talk show "Aging Outside the Box" and I likely to hear Ms. What a fantastic and informative consider aging!The mission statement of this book -DISCOVER AGELESS LIVING AND ENDLESS ENERGY -----LIVE WITH POWER, STYLE, AND VITALITY, WITH FAITH, FUN AND FOCUS. The Motivation of Motivation.. with more to check out. Another new book, a new Website Program, A syndicated on-range column, and your First-Time National Conference..~ Overcoming midlife fears~ Coping with loss~ Creating and fulfilling dreams~ Shaping spiritual existence~ Improving fitness and dietThe level of years in your daily life does not want to diminish the quality of your life... Mitchell challenges females approaching 50 never to dread their futures but to embrace them.Fabulous following 50 gratifies impressionable delights on Life, inspiring maturing possibilities and soaring to new heights of excellence...You show,through Fabulous after 50, the teachings of experience..... the Magnificence of Reflections.. The Passion of your Faith, and the Vitality of your Light within your soul provides reaffirmation to those approaching, or those attaining the Flame of Triumph in Mid-Life. It gives a Ph.D. to the Golden 50 and beyond. Indeed it is an "Awesome period to be Fantastic After 50"! the Passions.Congratulations, Shirley, on an almost fourth printing of Fabulous after 50 - and what the publication has taken your way in the last year... It's the path of the Luminescent Years with which the rest of your functions will

follow..... AGING OUTSIDE THE BOX You have heard the popular line - Think beyond your box. Realize that going right through physical, psychological, and spiritual changes can take you into a realm of amazing opportunities... The Women's Educational Encyclopedia... The title alone is intensely exciting. The information within, while concentrating on women, is an excellent reference for guys in getting to know women better. For a woman, it covers many issues concentrating on how to live better in the second half, and the ones unanswered female quotations. Mitchell's deep southern accent as I read the webpages of the book..I would recommend this publication to anyone who's questioning what they should plan for, for his or her next 50 years. Mitchell also included biblical truths in each chapter..



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