

• SPIRIT • NUTRITION •

EXERCISE • EDUCATION • PASSION • PERSONALITY • GROOMING • SEX APPEAL •

SEXY FIT & FAB

at **ANY**
age!

SAY YES TO YOUR
NATURAL BEAUTY
WHILE BEING FUNNY,
HEALTHY, SEXY & INSPIRED

Foreword by Amanda Russell
Celebrity Fitness Expert

SUSIE AUGUSTIN



Susie Augustin

Sexy, Fit & Fab at Any Age!: Say Yes to Your Natural Beauty While Being
Funny, Healthy, Sexy and Inspired



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This book was written to help you uncover the eight keys to being Sexy, Fit & Fab at Any Age! The fourth crucial is Education – earn a degree, read books, and use your brain. Anyone can have it all. The seventh essential is normally Grooming – personal appearance including skin, hair, makeup, clothes and style. The first key is Spirit – discovering faith, gratitude, and motivation. The second key is Nutrition – enjoying whole foods, hydration, and support. The sixth crucial can be Personality – embracing your uniqueness, having a good attitude, and a feeling of humor. It's designed to support you in discovering your inner beauty while watching your confidence increase. The fifth key is Enthusiasm – follow your interest or purpose, career, and hobbies. The 3rd key is Exercise – getting toned, energetic, and being in character. Are you ready? Up coming we'll explore Sex Appeal – confidence, inner beauty and balance; what is sex appeal and how to get even more of it, and having passion for life.



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Fun & A publication that inspires your sexy - your authentic self I love when I can read a book that speaks to beauty without making me feel that I have to change myself to squeeze in and look good just for the sake of looking good.. The book is easy to read with a whole lot of great details.Inner Beauty! What a great, fun and inspiring publication. You can easily read with life-changing suggestions for women at any age. i really like that it was readable with a little bit of humor and vulnerability but filled with beautiful wisdoms. Lot's of quotes from the book that I really like but the best is: "When someone gets the balance of mind, body and spirit they emit an inner confidence that's magnetic and incredibly attractive. I'm investing in a copy for all the women in my entire life!.People wish to be around others that are uniquely charismatic, with an internal beauty that radiates from them".. This boosted my self-confidence and helped me love myself more such an extraordinarily motivating book. This boosted my self-confidence and helped me like myself more; #1 best selling author of Getting Your Existence to a ten + adorable, inspiring, and fun book to read and to give i just finished reading this book and am going to buy 5 more to give to my girlfriends! Kim Somers Egelsee; This reserve beautifully illustrates how sexy is actually a reflection of inner beauty. Susie takes us on a trip of recognizing our very own natural beauty and using it to shine our sexiness and like every curve and in . of the woman we are. inspiring book that captures the true meaning of sexy. This reserve inspires women to be all that they may be - full, beautiful, authentic - because being and honoring yourself is usually sexy. All the tips and tools from each chapter were great reminders and motivation. A Must read What a great reserve! This book gives so many valuable concepts and tools to help "YOU", uncover your Sexy, Match and Fab at any age.. I am happy I purchased this book and can recommend it to all or any my children and friends.



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