

40⁺
AND

Fabulous

Moving Forward
Fierce,
Focused, and
Full of Life!

SONDRA WRIGHT



Sondra Wright

40+ and Fabulous: Moving Forward Fierce, Focused, and Full of Life!



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A tender, witty and down-to-earth assortment of stories from females who'll warm your hearts, tickle your funny bones and completely reshape your perspective on aging.s perspective. Just wait until you find what men of all ages discover most irresistible about ladies in their forties and beyond. Today's boomer ladies have reshaped what this means to grow older and have given aging a whole new look. Whether it's As these women proudly recount their personal journeys of self discovery, by challenging tips and reinventing lifestyles, there is definitely one central theme: at 40+ we truly come into our own in bold and interesting methods.s wisdom or hot fl ashes we are saucier and more outspoken than ever before. The book started with simply the ladies in mind. But following the women had their say, it was time for a male's That is clearly not your mama's mid-life experience. Prepare yourself to laugh, cry and enjoy your greatness with every delightful turn of the page.



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Full of life What an absolutely sensational read! Therefore many great insights & positive inspirations for all those folks amid our 40s. A fantastic book golf club choice for a lively conversation, a Women on the Lawn party as portrayed in sixty-year-old Terry Kohl's contributing commentary is the optimal setting. center felt stories & inspire you to trust 40+ is the perfect spot to be. life experiences from real right down to earth ladies who will motivate & But you shouldn't be fooled, Sondra Wright has orchestrated this book in such a way that there are therefore many delicious nuggets & "ah-ha's" that any young female approaching 40 can recognize with this collection & will appreciate the insights because they move forward. A lot of us females get caught up with the very thought of aging that people don't enjoy the procedure. In this book these brave females from varied backgrounds openly therefore proudly talk about how they aren't just growing older gracefully but enjoying all it's greatness with confidence, boldness, new personal discovery, revelation, reinvention, enthusiasm, clearness & I am honored to know her personally and talk about in her love of people, assisting others, and living the wish with the plan and purpose we had been each created with initially! Their life encounters will move you to laughter & Truly shocked at not finding a plethora of groupings, causes, and sayings like the infamous "turning forty" ideal, I was elated when I ran across a book celebrating this decade (and then some) of adulthood. Cause you to want some girl time. These dynamic ladies help us to understand we are beautiful and sexy in your skin we're in and to embrace our changing bodies with total confidence and to be completely protected with that beautiful sexy woman you see in the mirror. These women clearly understand that 40 plus may be the time when the very best you starts to emerge. Embrace it & appreciate it! I believe Sondra Wright saved the very best for last. Reading the men's perspective about 40+ women was quite a surprise. Turning 40 myself this season, this publication has motivated me to be my most amazing self yet. left me feeling "fabulously fierce". A great gift for that special 40+ woman or guy in your life. 40+ and Fabulous Amazing book. Extremely easy and fun to read. You possess been a tremendous blessing if you ask me. Interestingly enough, their straight forward open comments were an enormous boost to my self-confidence & Taking liberties due to extreme St. The ladies in this book have become transparent within their stories. Sondra is normally excellent, she's fabulous and she has turn into a mentor. I especially enjoyed the chapter where Minnie Forte-Dark brown tells us to strip naked, stand before the mirror and like everything that you discover. (haha) It really is hslping me to find myself and various other women differently. How do we encourage and lift up eachother?. In Kohl's case, her musician performed the fiddle, violin, and mandolin. Then your men chime in. Males of all ages give their perspective of ladies in their 40, the self-confidence they emit and how sexy it really is. This book is awesome and right on time. I am ready to turn 40 this year and perform it fabulously, concentrated and fierce. A compilation of autobiographical essays compiled by talented, strong women at least forty years of age comprise the majority of the pages. By the end of each chapter is a journal area where one can jot down your 'take aways', the tiny nuggets that you take from each woman's excerpt. Sondra is unique in her style and flair and it displays in the 28 ladies she chose to include, and then complete it with hearing from some interesting men that talk about from their viewpoint. Great assortment of stories about actual women. 40+ and Fabulous I truly enjoyed scanning this book. I'm Loving Being 40+ and Fabulous! That is a book that I'll always refer back again to for inspiration. 40+ and Fabulous Reserve Club Kismet? Certainly! With forty fast approaching, I became acquainted with author Sondra Wright and her debut publication, 40+ and Fabulous: CONTINUE Fierce, Focused, and Filled with Life! She's Definitely FAB therefore is the Book! after that to tears. Five Stars Great book love it! These web pages reveal with very much honesty and

humor the reality about experiencing one's forties from a female perspective. After close reading and far highlighting, recurring themes started to take root. Think Amazon Women at the Event of Dionysus . . . the inevitability of the "ladies" heading south (and not solely for the winter), the deepening of woman friendships and the release of toxic associations, the forgiveness of not only others, but also one's self, and an intensive understanding (physically and intellectually) of the often perplexing male specimen. Candid, frank & It reminds me that 40 is not a time for gloom and doom but for blossoming revelations and lifestyle changing epiphanies. Louis summer heat, I opted for an air-conditioned Girls on the Linoleum and Carpet party. Although long, flowing garden-style clothing will be welcomed, I am even more of the tattered jean capris and hoodie sort of gal, and I'd like my gal pals to arrive dressed in whatever fits their moods. Guests may provide a dish of her very own choosing to move.. Its all in here and then some. For our purposes, the hub with reduced urging retrieved his guitar from his guy cave and serenaded us with rock as we sipped our sangria. . . .Even if a hunky musician does not reside in your abode, usually do not hesitate to invite girls over, turn on the iPod, and with the guidance of Sondra Wright, discuss how 40+ and fabulous you all are. Life just keeps getting better. What is crucial to this book golf club discussion may be the one male instrumentalist.. After scanning this book, I am really looking forward to turning 40! I REALLY LIKE being inspired to greater means of living and getting by the spark and light Sondra shines upon this important topic for women! Ladies over 40 have so much to offer the world, thank you for posting these inspiring tales that teach more youthful generations that turning 40 shouldn't be feared, but celebrated! From there began a journey of modification in my life that I will always remember. An excellent and creative idea, and I feel she has popular on her behalf hands! Sondra Wright invites us to hear the wise diva within our heart and stage fiercely into our power by loving who we are. Brilliant.. How do i begin to understand myself more?thank you! The stories are told by women who are open up and honest about their journey. It really turns aging on it's head and through these stories, you begin to observe all the wonderful things that include aging - self-acceptance, wisdom, humor and FUN! independence without competition. No matter your age or stage this is a must examine! It'll encourage you if you are living in worries of reaching 40, and it'll motivate those of us which have reached that age group and beyond, never to let anything stand in the form of living our dreams with enthusiasm and purpose! Like 20 books in one. My hat runs off to Sondra for getting the insight to write this phenomenal book that changes the 'status quo' on what women age. An excellent friend attended Sondra's Publication Launch within Greensboro and text me asking easily wanted a copy of the book. Wow what possibilities await those that will look for and embrace the changes of life, never to become dreaded and feared, but to end up being laughed at and liked! A great read Sondra, and appearance ahead to seeing you soon on the silver screen! Go gal and thanks for letting us understand we are able to be and perform all we were designed to, no matter our age or stage! This Book Is really Fabulous!especially after 40 I LOVE this amazing assortment of stories about females becoming truly secure in who they are. This book is full of tales that are funny, inspiring, empowering & most of all, honest. Sondra Wright has hit the tag with her new book called 40+ and Fabulous! Previously, I had searched via hashtags for links and/or Tweeps coping with turning forty, but emerged up only with tweets regarding a particular size of malt beverage. Looking towards reading more from this talented author, and can't you just see her on Television? Living and Being True Beautiful! She brought me the book, I examine it in under 24 hours and I cannot prevent raving about how exactly instrumental this book has been around helping me realize the need for appreciating myself. Very genuine and incredibly encouraging. She actually is candid and the women she writes about

are just as Fabulous as she is. She is a remarkable female and any girl, from any walk of existence should have this book in her collection to reflect upon and make use of as she enters the next stage of her life. Many thanks Sondra for being a strong, positive girl who embodies every phrase of 40+ and Fantastic: CONTINUE, Fierce, Focused and Full of Life! Sondra has created a publication, not only for women but for the men who love us. ~ Angel M. Barrino, His Purpose My Praise.



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