



Create with your soul



Angie Weihs

Ageless Rebel: The Playful Planner and Journal to Empower Your Beautifully, Fearless, Ageless Mindset and Lifestyle (Free Flow Edition)



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This free flow edition Ageless Rebel planner is for women experienced in empowering journeys. It's a playground waiting for you to arrange and strategize your mantras, rituals, nourishment, supplements, mindful actions, and action breaks. And for every day you'll enjoy 1 page for your morning hours thoughts and intentions, 1 page for your day's reflections and tracking your meals, snacks, and workout. It acts as a link to your soul and spirit, organizer for your mind, and dedication buddy for your fab match body. Ageless Rebel, Angie Weihs, world traveler, independent entrepreneur since the 80's, and former journalist for prestigious women magazines like Vogue, created this interactive playbook, planner, and journal on her behalf own desire to remain focused on her ageless lifestyle and for all of us to reach our goals with this soul. For every 8 weeks of powerful setting up you have 2 pages to jot down your preferred affirmations and morning/evening rituals for the month, 2 "checklist" web pages which let you keep track of things you really want to do each day (like drinking lemon water, cutting down glucose, and remembering to take your health supplements). At the beginning of every week you get 1 page for your week's mantra, goals, and rewards, 1 web page to include your actions to your days. It is your fun sidekick along the way of avoidance or rejuvenation and living your genuine truth free from limitations. Throughout the planner you'll discover quotes, poems, coloring webpages for meditation and innovative fun, and empty pages for brainstorming, mind maps, and play. This mindset and lifestyle playbook supports eight weeks of your journey into agelessness. Your lifelong adventure into your essence will be so much easier and fun with this innovative self-discipline rebel queen. As badass ladies, we see and do things differently. If you feel like joining the tribe, your soul sisters, co-goddesses, and warrioresses discuss their issues and wins, queries and fears, and amazing successes inside our private Facebook web page, "The Ageless Rebellion." If you love it and want more, The Ageless Rebel reserve will be published in the summer of 2017 with in depth articles, exercises, and achievement stories of vibrant ageless rebels. The book will also add the latest powerful longevity research to mindset and lifestyle rendering it even more likely that we all attain our Forever Young.



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