

A close-up photograph of a woman's face and neck, smiling. The image is cropped on the right side, showing only the right half of her face and her neck. She has a bright smile, showing her teeth. The background is white.

# Love Your Age

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THE SMALL-STEP  
SOLUTION TO A  
*better, longer,  
happier life*

BARBARA HANNAH GRUFFERMAN

Barbara Hannah Grufferman

Love Your Age: The Small-Step Solution to a Better, Longer, Happier Life



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Filled up with healthy habits to help you take charge of your life with wit, energy, and confidence, this inspiring direct will show you how to look, feel, and become your best in a active, fast-paced world. Featuring greater than a hundred easy-to-adopt "small steps" -- the foundation for ingrained Warm, engaging, and user-friendly, this powerful, practical guide to aging gracefully can be an essential resource for anyone seeking to live their best life.longer, happier, and healthier years - this book can help enrich your life, from health and fitness to style, work and relationships.practices that will yield From checking in together with your doctors to changing your fitness program, cooling hot flashes, tackling public media and updating your wardrobe, transformation really does start out with one step - and Grufferman provides an easy formula for making and breaking the right habits. Filled with expert ideas, myth busters, checklists, real-existence anecdotes, and sage wisdom, this book gives a new approach to life after 40 that will inspire, rejuvenate, and energize.



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Great Resource, needs bigger Text size This book is an excellent resource and plainly written. If u buy it, choose the e-book. I applaud Grufferman for not merely sifting through all of the piles of info open to us as customers but also for providing the critical essentials we need know - all backed up by industry experts. It doesn't have to be 'large print', but needs to be a more readable size. I'd omit some information that is not as necessary, to create room for larger print, or add more pages and charge more. Among my favorite elements of the book is that it offers suggestions on how to remain healthy within the changes females can experience seeing that we age. A well formatted, user friendly information - needed this, love it! I did so not receive this reserve—I received one chapter of the book, the one about workout!. Following much of the suggestions in the book presents a much better chance of not experiencing a few of what some may believe are inevitable parts of aging.! It really is a few web page booklet that I have received for a review! Love Your Age will be my go to bible for better day-to-day way of living solutions. I purchased Grufferman's first book, The Best of Everything after 50, and discovered it to become a no-nonsense source; but this publication is better still. Once again the author has created an easy to use roadmap for basic daily, weekly and annual "must do's" to stay healthy and happy. I would have given this a 5 star ranking, but my one big complaint that affects the whole, is that the print is too small. Many thanks! I really feel that the author got me on a trip that is destined to modification my entire life — her steps for loving our age group seem easy enough for actually me to follow. This beautiful book by Barbara Hannah Grufferman offers page after page .!. It had so many things I didn't know."It's the kind of book you may refer to again and again. I am a m who focused on women's wellness. It had been more of a pal vs. Attention to detail stands out, you start with estimates from notables such as Hippocrates and even Jefferey Eugenides and Victor Hugo! Buy this publication and keep it where one can see it. You'll be referring to it often. Including the chapter on Rest is a must read. Barbara Hannah Grufferman's Love Your Age is a marvelous method to educate ones .. This is simply not a loaner kind of book, but one to maintain for yourself and reference again and again. Barbara Hannah Grufferman's Love Your Age is a marvelous method to teach ones self on wellness after the age of 40. Good information but difficult to read summaries Loved content but summary pages were highlighted making them difficult to read for the audience targeted. User-friendly, it very easily answers our age-related questions. Now when I am asked questions about normal aging and factors that aren't, after responding I'll refer women to Like Your Age. I would pay more to own it a more readable size. Simply the Best! In more lay terms it really is focusing on wellness. I have been waiting for this! I understand I am! THEREFORE I can't really review this book! 10 Small Making Those Healthy Habits Stick section offered me motivation to try one little new step every day. Barbara is a genuinely effective, fun and kind exemplory case of the quest for successfully enjoying life over 50. I strongly suggest this reserve and suggest you buy at least 2 – one for you personally and one for your very best friend.. Old Habits Die Hard The author gathered quotes, tidbits, suggestions, lists, and random facts together to help reader develop healthy habits. I learned important —and fun— details I never knew.! It's a publication that keeps on offering even after you've read it once because it's chock full of info you'll want to go back to. Get inspired to change your life for the better! Fantastic guide to feel and look good, by starting the habits you always wanted to. So much interesting and useful details from trusted experts, condensed into a method that's very easy-to-stick to and understand. In a world where one magazine content negates the information in another, finding one place where the sources are credible was very helpful. This beautiful book by Barbara Hannah Grufferman offers page after page of exquisite visuals and lively tips on how to "LOVE YOUR AGE. Browse it and switch your daily life for the better! I am now loving my age group - One Small Step at a Time Barbara once again shines in her latest publication. Each chapter provides not only new insights on how we age group, but also reminds us of items we were taught early inside our lives that we have forgotten about. She also addresses some topics (10 Small Techniques to Sexy Fun, for instance), that reading it produced

me feel just like she was seated right next if you ask me discussing these topics. With page headings such as, "Follow Your Gut To Better Health," and "10 Small Guidelines to a Lifelong Fitness Habit," and "The Ups and Downs of our Emotional Habits," Grufferman pays attention to all of us--not just some of us with a singular problem or health concern. The author didn't offer references or support for recommend physical, medical, and psychological actions. Love the quotes that begin each chapter. Barbara's philosophy, "make it simple and be steadfast" provides the key to success in whatever challenges you wish to conquer in your life. It took one small step. An easy read and a publication I go back to frequently. Fabulous Friend?? This book is filled with practical, interesting information—an educated friend to help map the over 50 search for enhancing standard of living. Some are humorous and produced me laugh aloud, others are spot on and inspirational. Inspiring bible of wellness information in an easy-to-follow format This is an excellent book to share with your bestie, your mother, your daughter and yourself — it's equal part expertise and girlfriend convo. Grufferman focuses many on good sense tips and highlights material through sidebars, changes in fonts, images, and other formatting equipment. a doctor's office. Two other issues are font size and lack of an index. This limits accessibility for some of the target audience. It captures important elements of aging problems and addresses them in a factually credible, fun and engaging way. Thought of writing publisher but neve4 got around to it. Not very good foresight. I only received 1 chapter!!! Barbara notes the need for sleep and rightfully phone calls it among the pillars of health. It's hard to examine the main one chapter without viewing all of those other book. For example, at one point it says, "Make sure you have a deal with on your health-check quantities from Chapter 1." I can't do that without Chapter 1! The chapter I did so get contained good details, but didn't seem to actually say anything new! Also, the text size was pretty small—sort of funny because the book is aimed toward older women! It isn't a book!! I am not sure how to review a publication by a few page booklet. From what I have read in what I've received, it looks like standard ordinary information that can you need to be Googled. I did not see any worth in it. Probably the complete book has more valuable advice, but I have found what little I've received boring and preachy. Four Stars useful and good good sense The complete book is in an exceedingly small font! Good materials, but why in such small print?? Specifically from an AARP publication! There is no cause why it can't be in the size printing that other books use. It has a pleasurable, welcoming appear within it's pages, with a good mixture of text and appropriate photos. Bought for a friend Bought for a pal. She enjoyed it. In nursing, we call that health promotion. It's extremely simple: this is actually the best reserve I've purchased this season. Happy to state, after reading her book a month later I am up to a 2 minute plank! Barbara supplies the knowledge, assets and inspiration - with a dash of humor - to assist you celebrate YOU at whatever age you are.



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