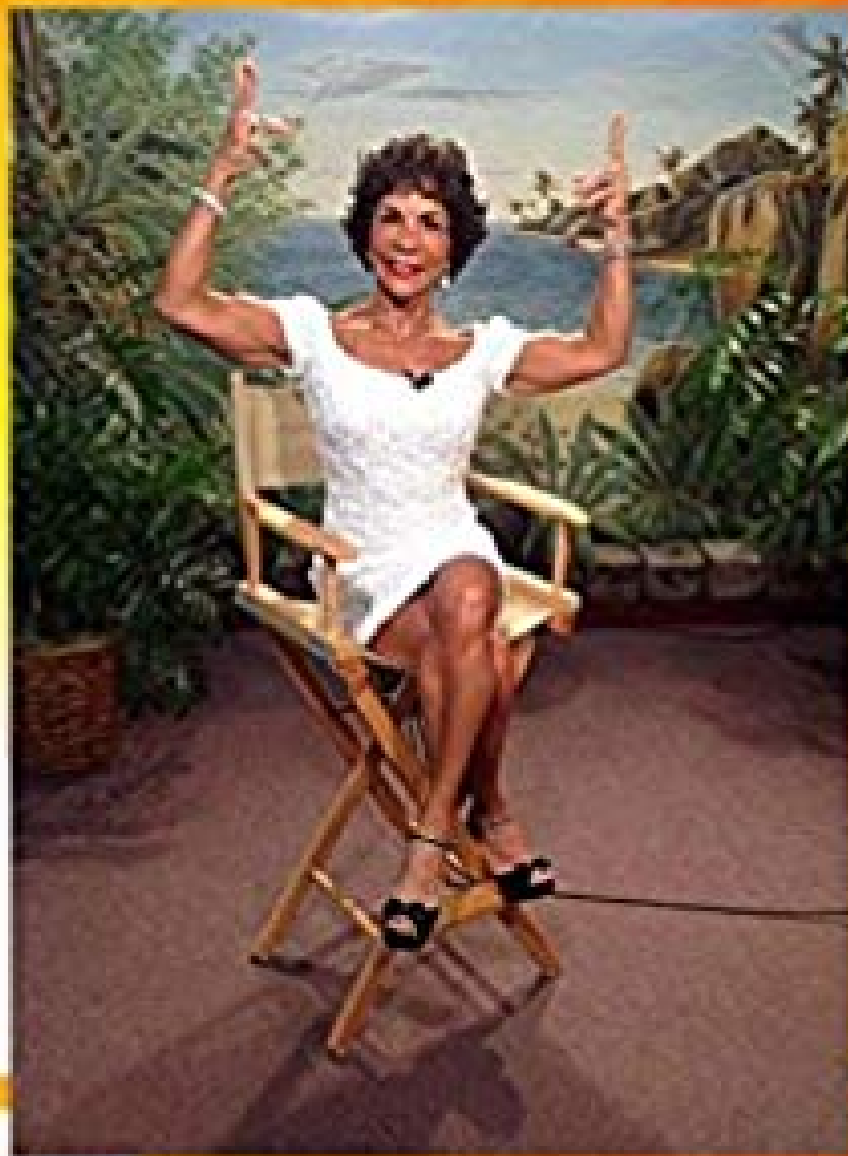


VIBRANT AT ANY AGE

A guide to renew your life and become
vigorous, healthy, and happy



DR. JOSEFINA MONASTERIO

BOOK ONE

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Dr. Josefina Monasterio

Vibrant at Any Age: A guide to renew your life and become vigorous,
healthy, and happy



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End up being empowered whatever your age. Reinvent yourself as you are feeling in your gut that your advancement and perfection is functioning. Muster the inspiration, perseverance, discipline, and energy to create those changes which will propel you to the next level. LEARN TO: Slow growing older Be energized in every you do Create a strong body Optimize your health Heal emotionally Create a profound self-respect Transform yourself into an enthusiastic and awesome person Become unified at heart, body & spirit—one together person WHAT OTHERS State A female who spoke from her heart and touched everyone! End up being the co-creator with eternity of your destiny. You trained me to trust and expect the very best from life once again. I learned how to continue, refocus, rebalance, and define what is truly important, and delete what is not.



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It had been very general. In the event that you haven't purchased!! I feel therefore empowered and positive, like I can do ANYTHING!! I could not put this publication down. Josefina is definitely a bodybuilder and at age group 72 is still winning. Wonderful insights and filled with easy Wonderful insights and full of easy, positive solutions to regain your sense of direction and personal. I can't await Dr. Josefina's additional books!!! You are not alone. So in that manner, I am already making adjustments in my own person.. We all have to follow her methods...!.. You need to! Nothing at all new in this. like I could do ANYTHING I can't say enough about this inspirational reserve! No concrete routine to check out....do whatever exercise you enjoy...hook up to your spirituality. It was OK, but found it to end up being very general and repetitive.. Inspiring This is a really inspiring read and I love her good sense advice...prevent negativity...eat real meals.. Rehash of her lifestyle and simple, obvious guidelines. Josefina includes a contagious attitude of wish and practical methods that equip? anyone, at any age, to understand happier life abilities...stay positive. It's all been said before. While she offers a great body, (and attitude) the book isn't completely different from any various other book discussed an achievement, other than the non-public hurdles she had to overcome. Work the Book and the Book is wonderful for YOU! I think that individuals that rated this reserve with a low rating and said that it was nothing new will need to have been looking for that elusive reserve that you go through or pay attention to and VOILA! your life changes. If that's what you are searching for, you have the incorrect reserve. This book is for those who want to LIVE. Josefina Monasterio is usually a personal trainer with a Master's Level in her field and you may visit her website to schedule personal coaching. Personally, when the book asks 'What do you want?. I am shifting through the book in that way... This book can be a community. You can follow Dr. Josefina on Facebook where several of us from around the world that begin the morning hours (US time) to get each other. Love her attitude. Additionally, Dr. It is for those who want to do this. Before, We forget Dr. Dr. Buy the books (1, 2 and today 3), join us on Facebook Live (or replay if you have time) and you also, too can be Vibrant At Any Age! Josefina's book is amazing! It's excellent for any age or stage of ... Dr. Inspirational writing, uplifting at any kind of age. Josefina is normally living proof! She provides practical easy to follow assistance on developing a strong body and mind. It's uplifting, positive and empowering! An Amazing Book on Right Living This beautiful book is a blueprint for living a wholesome and fulfilling life atlanta divorce attorneys sense of the word—physically, mentally, emotionally and spiritually. I'll re-read it over and over. Thank you Dr. Josefina! Josefina is an amazing ageless female who has brought lifestyle to others in a wholesome positive way. Unfortunately, was waist of money. visualise what you would like. sleep long plenty of. I took apart a star since it is a little on the basic side, however, I do actually admire her and love reading her life story and advice! A CONFIDENT Book with real help Exactly what we need today to embrace maturing mainly because a captivating and beautiful specimen of a female. Irrespective of where you are in now, you can transformation for the better and you also do not have to succumb to Societys idea of a 50, 60, 70 year older person or beyond that age group. There are plenty of factors to stop the clock. Dr. It's excellent for just about any age or stage of lifestyle. Would like to audio voice-over her publication. Lots of self prep talk, no substance.. Inspirational What an incredible women. Congrats Inspiration I must say i enjoyed this publication and look forward to reading all of those other series. It was an easy read and flowed perfectly. Thank you. OK.. it is possible to accomplish anything regardless of your age. Easy reading and the writer gets correct to the point. Inspiration I really enjoyed this book. It opened my eye to life's options at the age of 40. It is a must go through. You will feel inspired. Vibrant at any Age! Josefina's reserve is amazing! Such a great read, would have enjoyed more.

Just believe you can and you could.lol, guess I read too quickly. Book has no value to take anything very important to your self . Nope. The publication was inspirational and motivating. Book has no worth to take anything very important to your .' in the goal-establishing section, I did as was suggested and I started to believe about what I want and started drafting my goals. I am WORKING the book. Gorgeous being. Save your valuable \$\$ Save your valuable money. Dr.



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