



Shirley W.  
Mitchell

FABULOUS  
After 50

*Finding Fulfillment for Tomorrow*

*Shirley W. Mitchell*

## **Fabulous After 50: Finding Fulfillment for Tomorrow**



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Realize that going right through physical, psychological, and spiritual changes can take you right into a realm of amazing possibilities. ~ Overcoming midlife fears~ Coping with reduction~ Creating and fulfilling dreams~ Shaping spiritual lifestyle~ Improving fitness and dietThe level of years in your daily life does not want to diminish the quality of your life. Mitchell challenges ladies approaching 50 never to fear their futures but to embrace them.Confronted with the constant barrage of a youth-oriented culture, a lot of women today have created a negative attitude toward the unpleasant actuality of ageing. Among the topics Shirley addresses are... Writer Shirley W. Here's dynamic proof that living much longer can also mean living better!



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AGING OUTSIDE THE BOX You have heard the popular line - Think outside the box. Good guidance for any age. fabulous after fifty Faced with the continuous barrage of a youth-oriented culture, many women today have created a poor attitude toward the unpleasant reality of aging. Writer Shirley W. Mitchell difficulties women approaching 50 not to dread their futures but to embrace them..I loved the very best ten lists which are included in the chapters and also the attitudes of aging..Congratulations, Shirley, on an almost fourth printing of Fabulous after 50 - and what the book has brought your way in the last year.~ Overcoming midlife fears~ Coping with loss~ Creating and fulfilling dreams~ Shaping spiritual lifestyle~ Enhancing fitness and dietThe level of years in your life does not want to decrease the quality of your daily life.FABULOUS AFTER FIFTY is the first book by Ms. Here's dynamic proof that living longer can also mean living better! Mitchell I've examine. I'm used to becoming on her talk show "Aging Outside the Box" and I expected to hear Ms. Mitchell's deep southern accent as I browse the webpages of the reserve. It did shine through occasionally and I smiled as I imagined Ms. Highly recommended. Among the topics Shirley covers are. Ms. the Magnificence of Reflections. A great reminder that over fifty is normally our second adulthood and we have to keep dreaming, keep working, and workout to keep our minds and bodies strong, active and healthful. Mitchell saying the words.. What a great and informative look into aging! Shirley Mitchell and Jane Rubietta boldly face what we often deem "the mid-existence crisis" with grace and vitality using educational references to menopause, nutrition, and the mind and body spiritual influences to enlighten those folks hitting the big "50" mark with reservations.Full of life, energy and motivation, I found myself easily caught up with the concept that I can live better, look better and feel much better... it is attitude with Course and Style. You can begin looking and feeling better now! Bravo! Indeed it really is an "Awesome time and energy to be Fabulous After 50"! Capturing the Essence of Lifestyle.... Fabulous after 50 can be an inspired journey of Hopes, Dreams and Faith. The info within, while focusing on women, is a great reference for males in learning women better..An excellent read for all women, regardless of the age, because you can use the knowledge you will gain out of this book to prepare for that eventual turning stage in your life... It is the Attitude of Lifestyle Aging... The Motivation of Motivation... It's the route of the Luminescent Years with that your rest of your works will follow... The Enthusiasm of your Faith, and the Vitality of your Light within your soul provides reaffirmation to those approaching, or those attaining the Flame of Triumph in Mid-Life.. Capturing the Essence of Lifestyle has been your dedication to the immense possibilites of exploring life through Maturing, graduating in to the second fifty percent, and creating Ageless Living and Endless Energy..... the Passions... Mitchell also included biblical truths in each chapter.. Realize that

going through physical, emotional, and spiritual changes can take you right into a realm of amazing possibilities. It offers a Ph.D. with an increase of to follow.. What a great and informative consider aging!.You show,through Fabulous after 50, the teachings of knowledge. My only regret can be that I didn't go through this book before I switched the "Golden 50"! Another fresh book, a fresh Website System, A syndicated on-line column, as well as your First-Time National Conference... to the Golden 50 and beyond..Fabulous after 50 gratifies impressionable delights on Lifestyle, inspiring maturing possibilities and soaring to fresh heights of excellance.good deal, and cane fast came fast, needlessly to say, very happy Good advice for any age Extremely uplifting and inspirational.FABULOUS AFTER 50 taught me personally how to AGE BEYOND YOUR BOX.. The 11 aging effectively attitudes at the end of each chapter provide a positive spin on maturing. The Women's Educational Encyclopedia. Combining knowledge with inspiration, faith and motivation, Personally i think virtually revived understanding I'm not alone and don't need to fear ageing but instead, I could live life to the fullest.. The title in itself is intensely exciting.. For a woman, it covers many problems concentrating on how exactly to live better in the second half, and those unanswered feminine quotions. I myself simply reached that threshold, the Golden Fifty, and discovered this book to end up being interestingly educational in confronting the more important issues accessible for the second part of lifestyle. It's like graduating from High School and entering that University door !I would recommend this publication to anyone who's questioning what they should plan for, for their next 50 years.The mission statement of the book -DISCOVER AGELESS LIVING AND ENDLESS ENERGY -----LIVE WITH POWER, STYLE, AND VITALITY, WITH FAITH, FUN AND FOCUS..



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