

# CLAIRE COOK

NYT bestselling author of *Must Love Dogs*

# Shine On

HOW TO GROW  
AWESOME  
INSTEAD OF OLD

Claire Cook

Shine On: How To Grow Awesome Instead of Old



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"Claire Make just gets it all." At 50, she walked the red carpet at the Hollywood premiere of the adaptation of her novel, *Must Love Dogs*, starring Diane Lane and John Cusack. re a forty-to-forever woman who have&apos;s interested in aging well, don&apos; Claire wrote her first book in her minivan at 45. Make&apos;t miss this motivating and inspiring book. -Meg Cabot If you&apos; With another milestone birthday on the horizon, she was old plenty of to learn the signs: " Again. It was time to get my act jointly." *Shine On: HOW EXACTLY TO Grow Awesome Instead of Aged* speaks to midlife women everywhere and is filled up with Claire&apos;s trademark humor, heart, honesty and encouragement. "Join NY Moments bestselling author Claire Make on an inspirational trip that will help shake off those worries about growing older and embrace what can be the most radiant, creative and empowering chapter you will ever have.s penchant for hitting the emotional sore place and merging it with humor hits the mark." -New York Journal of Books



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Her tried and true antidote for these moments--take action. Here's a new yr - generally a time when everyone thinks about starting over, starting fresh, starting .. Some good basics. Not my sort of book. So it's an ideal time for writer Claire Make to debut her most recent publication, "Shine On!"The overall wisdom I gleaned from "Shine On" is that if you want to "grow awesome rather than old" don't turn into a dinosaur by shutting yourself faraway from change, whether it's technology, social media, exercise, the outdoors or new adventures. If You Need just a little Inspiration and Inspiration. You have to buy both books. She's a great way of composing. Personal appearance plays a big function in being happy, and Claire happily gives her personal experience as a job model for creating a brand-new chapter in the reader's life. Witty, intuitive & I highly recommend this new publication. You're never too old to get started! Nonetheless it doesn't imply we don't appear our age either.. Claire Cook, writer of the Must Love Dogs series as well as another inspirational non-fiction called Never Too Late: Your Roadmap to Reinvention (without getting lost along the way) is an entertaining writer who have has a wonderful attitude and love of life.. Start living your daily life. You're clearly a woman for all seasons. I'll be sharing it with my daughter who turns 40 this season - and can probably buy a duplicate or two for good friends. I just love the people and stories she has created. At the primary of all successful self-help books are tales laced with wisdom, humor and insight .She gives up wise, tough-like advice that flips your obsessive negative thinking sideways: "Here's the thing: When it comes to our ages, we're not kidding anyone, except probably ourselves. Claire Cook got me on her behalf journey, sharing good and the bad, challenges I linked to. I had a great time. I had never gone to Cancun so that it was a dual pleasure for me. I simply finished Shine On. It's a perfect book to greatly help us forty-to-forever women get our true selves reawakened! She discusses things that are true to life when we are aging but people try to avoid discussing. Pursuing your dreams can be an important part of Claire's outlook, and reinvention of your dreams, your expectations, and your life is made to look possible through her witty but wise advice. Yes. However, they really complement one another when both are browse. Shine On was such as a check out with a dear friend who got only my needs at heart! Many thanks for paying things ahead and sharing your encounters and suggestions around, your faithful visitors. We don't have an expiration date just because we're of a certain age. We simply need to Shine On since it's Never too Later! Cheers before next book. Like a visit with a dear friend Shine On appeared in my own life at just the perfect time. As I begin this NEW YEAR, I'm armed with motivation and optimism, thanks to Shine On. Unlike therefore many "self-help" books I've read and long forgotten, this charming volume will stay with me. Far more than a book, it offers a concept—a refreshing new "flip the script" strategy. It was the 1st time I'd gone to this sort of event solo. The brevity of the chapters, the delightful surprises (dishes, lists to be made, beauty tips), good advice, and an agreeable, confidential tone all made the reading pure delight.I'm so glad you wrote those webpages in your van so you might realize your imagine being a writer/teacher. I've recommended the book to all my best gal pals. Hope they report back again to me so we are able to evaluate notes and applaud our progress. P.S. an excellent read! she's just as wonderful in person as on the web page. I'll be posting it with my child who turns 40 this season - and can probably buy a duplicate or two for good friends. After reading an assessment upon this book, I made a decision to order it - but was just a little skeptical about whether I would dive right into the book or not. However, I did - and couldn't put it down. Browse it in under a day - but I'm going to be returning to it for the helpful advice that the author shares through the entire book. I also plan to purchase copies for my sisters and girlfriends. First i want to say, I love reading her fiction books. B Useful Magic Laced with Humor and Insight It would be easy to dismiss Claire Cook in her new incarnation as a nonfiction self-help writer, but don't. She's genuine.Now for her nonfiction, well, I may't say plenty of... and who has more of those to offer than Claire Cook?She is fearlessly authentic, braving discussions ranging from facial fuzz to over-plucked eyebrows. It's her "we are all in it together tone" that produced her feel just like my oh so wise, best girlfriend Claire, instead of

an accomplished author. It was alright but if i'd known what it had been about i wouldn't possess purchased. If I'll ever finish another publication. And if I do manage to finish one, if it'll turn out to be pathetic, instead of the amazing publication I will have written. Maybe I should simply hang it up and try to get a job at Trader Joe's instead. Maybe I'd get a discount on coconut oil.nobody else cares.An excellent book to start your brand-new Year's goals with! So simple, but effective! After reading Never too Later, I attended the We Move Forward conference. Even if we color our locks, get oodles of plastic surgery, wear three sets of shapewear, and have killer genes, there will be some telltale sign of our chronological age--our chin, our throat, the veins on the trunk of our hands. That doesn't mean we don't look good. Extra-Extra.So maybe the thing we have to do is overcome ourselves..."Having stared in to the abyss and fantasized about Trader Joe's as my own last best hope, I knew this was a female after my heart.: HOW EXACTLY TO Grow Awesome Instead of Old. And Claire prospers by example, trying it all, posting her missteps and fixes for adventures "gone incorrect. She strives to pass it on to her readers through both fiction and non-fiction. They work just great when read with the Artist's Method and with Elizabeth Gilbert's Big Magic. Claire has done it again! Not really what i expected. Five Stars Claire Cook is the best Author. It had been okay but if ... Not really what i expected.She shares her low's and self-doubts:"I start to wonder if I have anything remaining to state. well, something! Five Stars Love Claire Make. If you are looking for a spark to lit your brand-new year's resolutions, then Claire Cook is the match you are searching for. At the Amelia Island Publication Event in Florida some years ago, I met the real Claire Cook; Yes, they are standalone books. I'm still reading Shine On how best to Grow Awesome.. Easy and fun reading. Easy methods to Change Your Life I love it! Not only does Claire be successful stories, she also contains diet and nutrition suggestions, in addition to beauty and grooming tip. I like just how she uses antidotes from her additional books. I'm using several of her ideas in my own life, like journaling. I find the reserve to end up being witty, intuitive and an excellent to read. Clair Cook does it all again!!! Once again, Claire Cook knocks it out of the park! This is a very upbeat, fun book with plenty of great ideas. I came across myself laughing right alongside Claire. The chapters are short, so that you can really remember to think about the ones that resonate with you. I highlighted it, bookmarked pages and intend to read it once again multiple instances. Self-help books are often rather dry and not very interesting if you ask me - but that one grabbed me, produced me think, laugh and desire to make some adjustments - also to accept some factors that may not need to change. Thanks a lot Claire! Keep them coming!" In her bubbly and optimistic style, Claire shares both personal stories and other's stories on how best to take charge of your life, start the duldrums and become the fabulous, happy one who is somewhere inside you!. For me, the book is a read as I grow or require inspiration..""Shine On" motivated me to handle the monsters in the closet, helped me break through analysis paralysis and most significantly made me laugh until it harm on the silliness of it all. I've read both of the nonfiction motivational books and recommend them.Kudos, Claire. Will make you smile. It was entertaining and light..



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