

How to Look Younger, & Feel Better to



Stay In The Game

**Health, Beauty, & Fashion Tips for
Women Who Are 40+**

**by
Whitney Smith**

Whitney Smith and

How to Look Younger & Feel Better to Stay In The Game: Health, Beauty, & Fashion Tips for Women Who Are 40+



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Whitney Smith has compiled an extensive set of fashion, beauty, and health ideas - even career advice - targeted at females who are 40+.A must-have book for any women who wants to look young than she actually is. If you are starting to feel your age and losing self confidence, this is the book for you.



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. Good information for those of us attempting to stay young. Thank you for sharing with other women! Very useful strategy for staying in the overall game if you're older .. GREAT STAY YOUTHFUL HEALTHY AND HAPPY ADVICE This book is a wonderfully helpful and readable book of things we realize and things we don't know about how to stay vibrant, happy and healthy once we get older. Very useful strategy for staying in the overall game if you're older and being pushed or pressured to keep your job - good advice! Great reserve to have and tell relatives and buddies ..I took a vacation to the neighborhood drugstore the moment We finished reading the publication to stock up on items and brands We wasn't familiar with. Great book to have and tell friends and family who want the essentials from skincare, habits, diet plans, vitamins & supplements. Strongly suggested.. It's great to sit back and browse cover to cover or just make reference to it section by section as you need advice about wellness, makeup, hair, life style with very particular and easy to follow guidelines. As a professional woman in her early 60's, I feel that I've stayed relevant and trendy; I intend to read it over and over to remind myself of all these helpful tips. As a professional female in her early 60's, I . nevertheless, Whitney Smith's book is usually a treasure trove of suggestions and practices which will certainly help me intensify my game!useful, entertaining Witty, useful, enjoyable. It's great!. Five Stars It's the best of the greatest. For women who would like to look youthful and FEEL youthful. I would suggest this to any women searching for an edge inside our ever-changing, fast-paced world. I recommended this publication to my 34 calendar year old daughter. A good read for anyone looking for an advantage!. I can't wait to try them all! The merchandise and techniques provided will make keeping her youthful appearance less difficult. Great reserve to have in case you are trying to get even more of a work-lifestyle balance. Plenty of good suggestions and suggestions to stay current. Packed full of easy tips and hints!



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