

# 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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s wisdom, candor, and effervescent enthusiasm shine on atlanta divorce attorneys word she writes. With her trademark wit and honesty, Claire Cook covers everything from big picture motivation on pursuing your dreams and remembering to have a great time, to useful, hands-on tips on fitness, healthy eating, and her favorite beauty products .”—s Garden of Reserve Reviews”Join NY Times bestselling author Claire Cook (Must Love Canines, Never Too Past due) on a transformative journey that may help you shake off all those worries about getting older and embrace what can be the most lively, creative and empowering chapter of your life.” Claire wrote her first book in her minivan at 45. At 50, she walked the red carpet at the Hollywood premiere of the adaptation of her novel, Must Like Canines, starring Diane Lane and John Cusack. With another milestone birthday coming, she was old more than enough to know the signs: “It was time and energy to get my take action together. Again.” Shine On: HOW EXACTLY TO Grow Awesome Instead of Old speaks to midlife females everywhere and is filled up with Claire’s trademark humor, center, honesty and encouragement. ”— You’re never too older to get started!Laurie Nerat, Looking on the Sunnyside—Sharon’Pamela Kramer, ExaminerIf you’re a forty-to-forever girl who’s interested in aging well, don’t miss this motivating and inspiring reserve.Focused on ‘forty-to-forever women,’ Shine Upon offers sage suggestions not just on aging well, but living well.A veritable fountain of exciting and practical suggestions for women who want to help to make sure that despite the fact that one cannot help growing older, she can indeed keep from growing old. . . Claire Cook” —Full of inspirational quotes as well as practical suggestions, that is a perfect reserve to begin a fresh year on the proper foot. Stephanie Burns, Reserve Perfume””I recommend this new reserve.”



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A wonderful book to start your brand-new Year's goals with! Here's a new calendar year - generally a time when everyone thinks about starting over, starting fresh, starting ... well, something! If you are looking for a spark to lit your brand-new year's resolutions, then Claire Cook may be the match you are searching for. Thank you for paying things forward and sharing your encounters and suggestions around, your faithful readers.! Easy and fun reading.Kudos, Claire. Personal appearance plays a big part in being content, and Claire happily offers her personal encounter as a job model for developing a brand-new chapter in the reader's life. So it is an ideal time for author Claire Cook to debut her latest book, "Shine On! I recommend this new book. You're never too previous to get started! Extra-Extra.. I simply finished Shine On.. Start living your life. Claire did it again! You're clearly a female for all months. and who has more of those to provide than Claire Cook? However, I did - and couldn't put it down. After reading By no means too Past due, I attended the We PROGRESS meeting. It was the first time I'd gone to this sort of event solo. I had a great time... It's an ideal book to greatly help us forty-to-forever ladies get our accurate selves reawakened! She talks about things that are real life when we are maturing but people try to avoid discussing. Five Stars Claire Cook is my favorite Author. Yes, they're standalone books. However, they really complement each other when both are examine.I'm so happy you wrote those pages in your van so you could realize your imagine being truly a writer/teacher.: How To Grow Awesome Instead of Old. We don't have an expiration date because we're of a certain age. Claire Cook, author of the Must Like Dogs series in addition to another inspirational non-fiction called Never Too Late: Your Roadmap to Reinvention (without getting lost on the way) is an entertaining writer who all includes a wonderful attitude and sense of humor. Not really what i expected. But it doesn't indicate we don't appear our age either. As I begin this NEW Calendar year, I'm armed with motivation and optimism, because of Shine On. Unlike so many "self-help" books I've read and lengthy forgotten, this charming volume will stay with me. Far more than a publication, it offers a concept—a refreshing brand-new "flip the script" strategy. Claire Cook got me on her behalf journey, sharing good and the bad, challenges I related to. The brevity of the chapters, the delightful surprises (recipes, lists to be produced, beauty tips), advice, and an agreeable, confidential tone all made the reading pure delight. I'll be sharing it with my child who turns 40 this year - and will probably buy a duplicate or two for good friends. I've recommended the book to all or any my greatest gal pals. Wish they report back to me so we are able to compare notes and applaud our improvement. P. If I'll ever finish another book. At the Amelia Island Publication Festival in Florida some years ago, I met the real Claire Cook; she's every bit as wonderful personally as on the page. Shine On was just like a go to with a dear friend who had only my needs at heart! After reading a review upon this book, I made a decision to order it - but was a little skeptical about whether I would dive right into the book or not.Now for her non-fiction, well, I may't say enough. Witty, intuitive & If You Need a Little Inspiration and Motivation. I'll be sharing it with my daughter who turns 40 this season - and will probably buy a duplicate or two for good friends. B Practical Magic Laced with Humor and Insight It would be an easy task to dismiss Claire Make in her new incarnation as a nonfiction self-help author, but don't. She's genuine. They work just great when read in conjunction with The Artist's Way and with Elizabeth Gilbert's Big Magic.. I find the reserve to become witty, intuitive and a good to read. I just love the character types and stories she has created.She is fearlessly authentic, braving discussions ranging from facial fuzz to over-plucked eyebrows. Maybe I should simply hang it up and make an effort to get a job at Trader Joe's instead. Yes.S. And if I do mange to finish one, if it'll grow to be pathetic, instead of the amazing reserve I should have created. It's her "we are all in it collectively tone" that produced her feel just like my oh so wise, best girlfriend Claire, rather than an accomplished author. Probably I'd get a discount on coconut oil."Having stared into the abyss and

fantasized about Investor Joe's as my very own last best wish, I knew this is a female after my heart. She has a great way of writing. So simple, but powerful! The right basic principles. Even if we color our hair, get oodles of cosmetic surgery, wear three pieces of shapewear, and have killer genes, there will be some telltale indication of our chronological age--our chin, our throat, the veins on the back of our hands. Five Stars Love Claire Cook. Just like a visit with a dear friend Shine On appeared in my own life at just the perfect time. So maybe the thing we need to do is overcome ourselves...no one else cares."The overall wisdom I gleaned from "Shine On" is that in order to "grow awesome rather than old" don't become a dinosaur by shutting yourself off from change, be it technology, social media marketing, exercise, the outdoors or new adventures. And Claire prospects by example, trying it all, sharing her missteps and fixes for adventures "gone wrong. It was alright but if i'd known what it was about i wouldn't possess purchased. Not merely does Claire have success stories, she also contains diet and nutrition suggestions, and also beauty and grooming tip. First i want to say, I really like reading her fiction books. You need to buy both books. Not really what i expected. It had been okay but if . I acquired never been to Cancun so that it was a double pleasure for me personally.. Cheers before next reserve.""Shine On" inspired me to face the monsters in the closet, helped me break through evaluation paralysis and most importantly produced me laugh until it hurt on the silliness of everything. Not my kind of book. It doesn't mean we don't appearance good. Go through it in less than a day - but I'll be returning to it for the helpful advice that the writer shares through the entire book. a good go through!She shares her low's and self-doubts:"We start to wonder easily have anything still left to state. I'm still reading Shine On How to Grow Awesome. For me, the publication is a examine as I grow or require inspiration.. Easy methods to Change Your Life I really like it! Her old antidote for these moments--take action. I love just how she uses antidotes from her other books. I'm using many of her suggestions in my life, like journaling. Following your dreams is an important part of Claire's outlook, and reinvention of your dreams, your expectations, and your life was created to look feasible through her witty but wise advice. Clair Cook does it again!" In her bubbly and optimistic style, Claire shares both personal tales and other's stories on how to take charge of your life, kick off the duldrums and be the fabulous, happy person who is somewhere inside you!! 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 along with Claire. The chapters are brief, so you can really remember to think about the ones that resonate with you. I highlighted it, bookmarked pages and plan to read it again multiple times. I also plan to buy copies for my sisters and girlfriends. Thanks Claire! Keep them arriving! Self-help books are often rather dry rather than very interesting if you ask me - but this one grabbed me, produced me believe, laugh and desire to make some changes - also to accept some issues that may not need to improve... We simply need to Shine On since it's Never too Past due! She strives to move it on to her readers through both fiction and non-fiction. I've read both of the nonfiction motivational books and recommend them. At the core of all successful self-help books are tales laced with wisdom, humor and insight . Will make you smile. It was entertaining and light.She offers up wise, tough-love advice that flips your obsessive negative thinking sideways:"Here's the thing: When it comes to our ages, we're not kidding anyone, except maybe ourselves.



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