

# AMAZING

in the second half



*Bite sized portions  
of wisdom for health,  
happiness, and anti-aging  
for the over forty crowd.*

**Jan Rodenfels**

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Amazing in the Second Half: Bite sized portions of wisdom for health, happiness, and anti-aging for the over forty crowd.



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Want to turn back again your biological clock? Do you want to reduce that roll around your middle?k. Think again! It's a common yearning for most of us over 40: we want to be healthy, we want more energy, and we even now want to feel good about ourselves as we age. The majority of us don' Become familiar with to:•This amazingly youthful 56 year-old health coach and fitness guru feels the same way you do. She's learned how to push away the normal decay connected with aging and has been teaching her clients the same.•An ideal book for your nightstand.Embrace your birthday. Believe you are destined to break apart as you age? You will like the practical ideas to not only survive but to actually thrive.Find exercise you will like. The portions are perfect for bedtime reading, concise also to the idea.a.t mind growing older, we just want to do it the best way feasible.Take strong, informed, deliberate action to see alter. Now, in her 1st reserve, she shares her wisdom for turning back again your biological clock and finding happiness in the second half of life.Take charge of your wellbeing and lose pounds.•Create strategies to eat better.• JanYourCoach) delivers bite-sized portions of wisdom to inspire you to integrate better methods for a healthier brain, body, and spirit.•Motivate yourself.•Eat healthier, learn what to eat, and revel in your food even more.•Forgive yourself among others.• Jan Rodenfels (a.•Nourish your spirit.Bonus: the book includes 20 of the writer's favourite plant based recipes.



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Right to the Point, Not-a-Diet-Book, Daily Method to Live Within the initial few pages, I started putting tabs on pages I wanted another to, and give daily thought to, but by enough time I finished this book, I had tabs on nearly EVERY PAGE!!! I loved the way this reserve helped me to see the whole picture...not how to eat, but how to really nourish my whole being.!. I also liked the easy (rather than lengthy) recipes, and brief lists of best feeding on procedures. I've put this publication on my nightstand and can reflect on the writings as I really do with my Christian daily reading, in hopes that it'll make me an improved person, both actually, mentally, spiritually, and socially!. and written with great humor. Thank you, Jan for putting it all together in one readable book!.. The publication is a quick, easy read and there are several great recipes included. Thankfully, this is an instant, easy read reserve that gets right to the point of all aspects of our day to day lives . Jan Rodenfels writing design speaks to the reader and conveys a real understanding of what it is we all go through. It shares a great message for anyone looking mid-lifestyle in the attention, or older, which is therefore refreshing! I especially benefit from the Massaged Kale Salad recipe and the reminder that taking care of myself is section of taking care of my family! I especially enjoy the Massaged Kale Salad recipe and the reminder that .. I loved just how this publication helped me to start to see the . Five Stars Awesome! I'm likely to keep this reserve handy so I can keep referencing the many helpful tips, lists, and recipes! Jan's writing is definitely genuine and personal-but never preachy, and I would suggest her book to anyone who's looking for a the voice of a friend to help them to attain their personal health goals.. Easy to read Lovely! Readable, good info for everyday life. Jan delivers a thoughtful, practical and well rounded approach to healthy living. Five Stars the book is easy to read and will be offering wonderful tips and ideas! Five Stars Readable practical strategies for healthy living. Thanks!



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