



Fabulous After 50: Finding Fulfillment for Tomorrow

Shirley Mitchell

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In this age of living longer, many women forget about living better. The race to prolong life somehow stops the drive to add quality to that life. This doesn't have to be so, and here is dynamic proof of that daring defiance. Author Shirley Mitchell challenges those approaching 50 not to dread it, but to relish the future. Greet it and make it your friend. Realize that passing through physical, emotional, and spiritual changes can take you to powerful places filled with new possibilities.

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