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Naomi's Guide to Aging Gratefully: Facts, Myths, and Good News for Boomers

Naomi Judd

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Naomi's Guide to Aging Gratefully: Facts, Myths, and Good News for Boomers Naomi Judd
Naomi Judd has been called "The Face of the Boomer Generation." At 78 million strong, boomers have become America's largest demographic. In "Naomi's Guide to Aging Gratefully," she debunks society's harmful myths about aging and finds more meaningful ways we can define ourselves so we can enjoy (rather than dread) getting older. Freedom is the focus, and there's no better time than now to free yourself from untrue and outdated ideas about your own potential. Naomi is full of fresh ideas to help readers look at their futures in a whole new way. The aging process, as Naomi shows, is an opportunity for new experiences, original routines, and more contentment than ever before. Naomi offers tips on finding simplicity, streamlining possessions, disengaging from "energy vampires," and discovering the most effective ways to support your life force and boost your energy. Each chapter includes vital new health information and proactive lifestyle suggestions for your body, mind, and spirit. Naomi has a solution-oriented approach to everything from beauty tips to getting in sync hormonally with bioidentical HRT. She also offers wisdom on dealing with grief as well as enlightening ideas on how to recognize and enjoy your own uniqueness no matter how old you are. Packed with personal anecdotes, commentary from celebrity friends and data from renowned doctors, and plenty of Naomi's own special brand of lemonade-out-of-lemons wit and wisdom, "Naomi's Guide to Aging Gratefully" encourages readers to believe that it's never too early or too late to enter an important new chapter in their lives and embrace opportunities to become their happiest ever.

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Jolie Browne:

Playing with family in a park, coming to see the water world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try point that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Naomi's Guide to Aging Gratefully: Facts, Myths, and Good News for Boomers, you are able to enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout guys. What? Still don't understand it, oh come on its named reading friends.

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