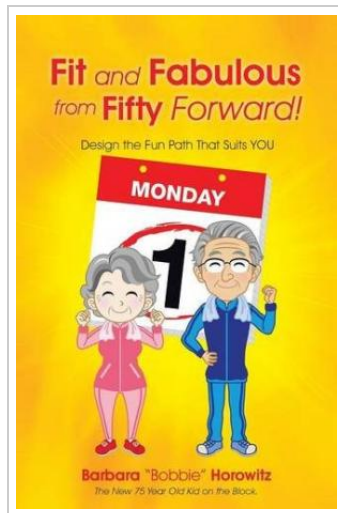




Fit and Fabulous from Fifty Forward!: Design the Fun Path That Suits You

By Barbara Bobbie Horowitz

Balboa Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Need to take off or put on some pounds? Get rid of pain? Get back your energy? Cut down on your need for medications. At sixty, I did too. I m thankful I learned how to accomplish this and make the process fun! At seventy-five, I feel great! If I can do it, you can do it. It s all in this book. I have been a long-term fan of Bobbie Horowitz for over fifty years. Bobbie s vibrant writing style and simple-to-choose minimum daily to do ideas will help you find a healthy, happy balance in your life. If you are young at heart, read this book. - Ken Blanchard, author of Refire! Don t Retire-Making the Rest of Your Life the Best of Your Life, The One-Minute Manager, and The One-Minute Manager Balances Work and Life.

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