



The Midlife Movement: 8 Steps to a Happy Healthy Lifestyle for Women of a Certain Age (Paperback)

By Mary Boyer

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Life doesn't always go as planned. Divorce, disease, addiction, bad things can happen and the next thing we know our dreams are shattered. For many women, these things happen during midlife, when so many things are changing, their bodies, their relationships, their hormones, everything! When bad things happen, some women drown in their self-pity, torture their bodies and destroy their self-worth until what's left is an empty shell of the woman they once were, the woman they hoped for. The more women I meet, the more their stories sound the same. I used to be one of these women, but I found a way out and you can too. In The Midlife Movement 8 Steps To A Happy Healthy Lifestyle For Women Of A Certain Age, I share with you the eight steps necessary to move forward, cancel your pity party and get your groove back.

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