



Life Begins @ Sixty

Joan Frenz

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"The strength of this book lies in relating to the kind of deep-down feelings and challenges we women face every day: taking up the treadmill yet another time or eating a decadent hunk of chocolate because there was no hope. It was comforting to know that I am not alone. "Life Begins@Sixty" is not just for women over sixty. It's for every woman who has bought new clothes because the old didn't fit any longer. It's for every woman who has been on every single diet on earth. It's for every woman who knows she has to get out there and start living better but just hasn't been able to." - Magai Pitchai, Literary Editor

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