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THE MIDLIFE MOVEMENT: 8 STEPS TO A HAPPY HEALTHY LIFESTYLE FOR WOMEN OF A CERTAIN AGE (PAPERBACK)



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..

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- Authored by Mary Boyer
- Released at 2018



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