



Fifty and Beyond: New Beginnings in Health and Well-being (Paperback)

By Susanna Starr

Paloma Blanc Press, United States, 2002. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A non-authoritarian approach to fitness and well-being, aimed especially at people approaching and beyond age fifty. An inspiration during a time of mid-life for those who are ready for new beginnings. Clear and insightful suggestions for developing our potential through expanding the mind, caring for the body and celebrating the spirit.



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