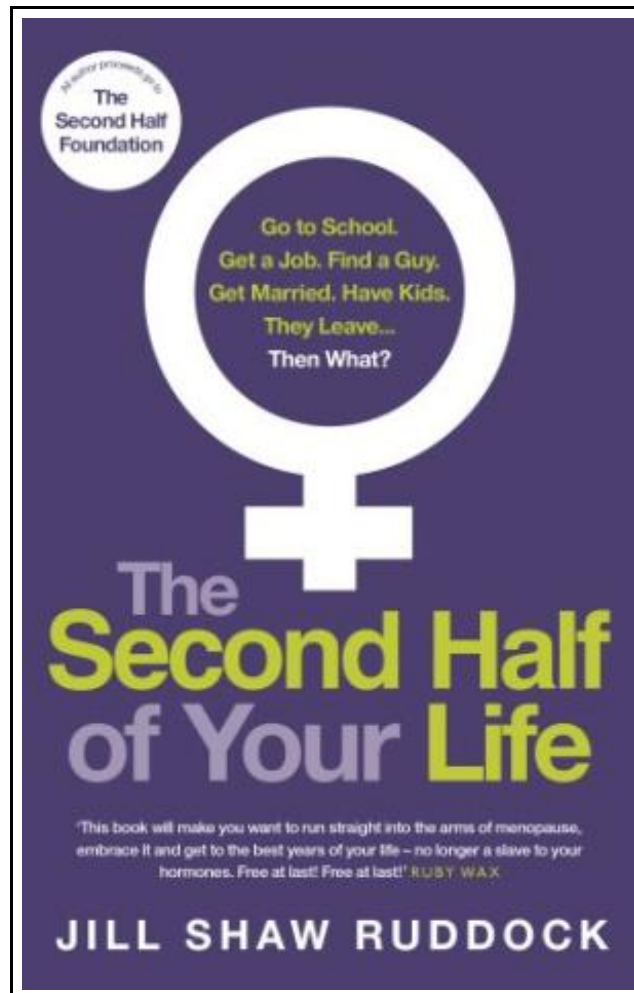


## The Second Half of Your Life



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### ***Reviews***

*This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating through reading time. Your life span will be enhance when you complete looking at this publication.*

*(Laurence Littell)*

## THE SECOND HALF OF YOUR LIFE



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Second Half of Your Life, Jill Shaw Ruddock, This is a new edition - completely revised and updated with new chapters added. The Second Half of Your Life is a ground breaking book which offers advice and answers to women in the second half of their life. Using the hormonal changes that occur around menopause as a springboard to transition from a woman's reproductive years to her self-productive years, Shaw Ruddock gives positive, life-affirming guidance on how to make the second half of life, the best half. Drawing on extensive experience, research and interviews, Jill Shaw Ruddock explores what can hold women back at this important stage in their lives, and how to harness the new-found focus this stage in life brings i.e. the rest of your life. This revised and updated edition (including The Science of Hormones and the new chapter, Looking Your Best without Plastic Surgery) will inspire women to rethink what it means to grow older. The book has been heralded as 'one of the most important women's books for a decade', 'ground-breaking', 'inspirational' and 'the manual for women in the second half of their life'. Providing practical hands-on advice on how to harness the power of the oestrogen-free mind to make the most of new opportunities, Ruddock covers everything from money to the mind, dating to divorce, exercise to eating, and the libido to looking your best. The Second Half of Your Life is an inspiring, motivating read that gives women a framework to create a game plan to help overcome many of the obstacles faced in the second half of life.



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