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## Joy After Fifty: A Womans Guide to Passion, Purpose and Lasting Happiness

By Connie Clark

Hudson View Press. Paperback. Book Condition: New.

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A Simple Blueprint to an Extraordinary Life Joy After Fifty is a treasure chest of principles and practices inspired by the science of happiness, positive psychology, the psychology of women, and timeless spiritual wisdom. In your purse, at your bedside, or in your office, this book will become a cherished companion, and a perfect gift for the women you love. Like unwrapping a present each week for an entire year, you will delight in discovering simple ways to: Enhance vitality, mental clarity, loving relationships and inner peace Transform stress and fatigue into ease, enthusiasm, and zest Ignite passion and purpose, making the rest of your life the very best of your life Summon the unflappable courage to reach for your dreams and express who you truly are PRAISE FOR JOY AFTER FIFTY Grounded in the science of happiness and spiritual wisdom, Joy After Fifty offers simple, proven practices for activating joy the key to attracting love, health and prosperity into your life. I highly recommend this book! JOHN GRAY, PhD, Bestselling author of Men are From Mars, Women are From Venus What a gift! An antidote...



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