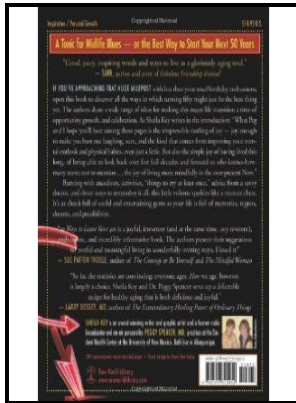


50 ways to leave your 40s - living it up in lifes second half

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. Why do we hesitate to connect deeply with others? They produce incapacity as a payoff. Only your doctor can really tell you 100% every individual is different in terms of risk factors and family history.

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Let your belly rise with the in-breath and fall with the out-breath. NOW: 5:2 is still popular as is the DASH diet; lots of fruit, vegetables, lean meat and fish. Forgive others for pain they may have caused you.

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