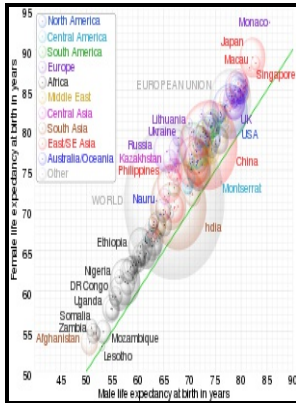


50 ways to leave your 40s - living it up in lifes second half

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Notes: Includes bibliographical references.

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Go for further studies if need be. Think about how you will feel about the space you live in without things you no longer use. Get into the habit of reading at least 10 pages of great information every single day.

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50 Ways to Leave Your 40s: Chicago Tribune Mention

Make more time for friends and family. What we mean is the person who is eating lots of vegetables prepared in healthy fats such as olive oil while limiting animal products, such as cheese and cream. Next, you have to remember.

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A long-term relaxation technique is. You show self-respect by putting yourself first. Photo by kris krüg courtesy of Creative Commons Most people I meet say they want to get rid of stuff.

13 Useful Tips for Dating in Your 40s

Essentially all the articles here at are about being your best self and achieving your highest potential.

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