



# Get More Out of Life

By Julie Lother, Joan Kennedy

Createspace, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Joan Kennedy is a strong and insightful speaker her content is rich with personal experiences, optimism and humor. She continues to draw rave reviews from audiences of all ages delivering a powerful message that life is for living now and the goal for all of us is a life of good health, productivity, fun and laughter. Living life and defying the myths of aging, Joan Kennedy, has spent a lifetime battling life s adversities with humor, grit and joy. Joan has published four books. The third and fourth books are What s Age got to do With It? and Unlocking the Secrets of Successful Women. She also produced several booklets and a CD for babies called Lull-a-Baby, which is a collection of lullabies filled with positive and loving messages. Joan has spread her philosophy with books and tspeaking engagements across the country. She has worked with major corporations, health care organizations, conventions, and conferences and groups of all sizes and ages. Three major factors in living the good life with energy and productivity are simply: Protect your health,...



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