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You Gotta Have Girlfriends: A Post-Fifty Posse Is Good for Your Health

Suzanne Braun Levine

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A brief, lively, and relatable guide to improving your health through friendship

One of the best things a woman can do for her health, especially after the age of fifty, is nurture her relationships with her girlfriends. New studies show that women can change one another's brain chemistry for the better, which means those laughter-filled get-togethers are crucial to aging well. In other words, the post-fifty version of "an apple a day" is "nurture your friendships."

In her trademark style—a vibrant and accessible mix of anecdotes, personal observations, and relevant research—Suzanne Braun Levine's *You Gotta Have Girlfriends* is an inspiring and eye-opening affirmation of the power of female friendship in the second half of life.

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