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A Happy Healthy You

Mary Johanna McCurley J.D., Jyotsna Sahni M.D., Jan DeLipsey Ph.D., Lu Jurcova Phillips M.S., Kristi McIntyre M.D.

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In A Happy Healthy You, co-author Mary Jo McCurley and a team of handpicked experts illuminate a woman's best course of action once she hits thirty-five. Healthcare specialists in the fields of aging, nutrition, and breast cancer reveal that what a woman wants is at her fingertips. In five parts, co-authors share their specific areas of expertise in sixteen engaging, distinct, and easy-to-read chapters such as "Change Your Life: Choose Joy," "What You Don't Know May Kill You," and "These Heels and Hills Are Killing Me: What Women Do That Makes Their Bodies Hurt." Here it is-one-stop shopping; readers have one-on-one appointments with two physicians, a psychologist, an exercise physiologist, and an attorney/life coach. Each one tells it like it is in regard to relationships, proper nutrition and movement, multiple tools to combat disease, and simple ways to improve one's life. This material will resonate with any woman wanting to make the second half of her life better than the first.

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