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Feeling Young While Growing Older Naturally

Joan Small

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Feeling Young While Growing Older Naturally

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Feeling Young While Growing Older Naturally Joan Small
Fun and easy to read, with anecdotes and stories of real people,this well researched guide to feeling youthful, vital and alive in the third age is written with broad experience and information that can enable you to enjoy life until the end of your days. This book will help you change your mind about aging and turn back the clock with practical and easy to apply suggestions from Joan's vast storehouse of wisdom. 'For those who wish to learn more about feeling lively, young and robust whilst advancing in years, I highly recommend 'How To Feel Young While Growing Older' by Joan Small. If your aim is to have a spring in your step in your later years, you'll certainly need to learn some of Joan's secrets that focus on your state of mind and your attitude to change. Embarking on the early stages of some of those 'not so nice' signs of aging, I will certainly be taking note of Joan's suggestions. Joan actually practices what she's preaches, and as they say: 'The proof is in the pudding'. … Rachel Shore, Mother, Writer and Employment Lawyer, Gold Coast Australia 'I was particularly impressed by the fact that Joan has implemented many of the practices she learned over the years and that she has chosen to share these gems with others. Joan's energy comes across as very real, down to earth and believable. …Natasha Jones, Mother, Psychic Medium, Australia

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