



Savvy, Sassy and Bold After 50

By Vicki Lynn Ward

Nubian Images Publishing Company. Paperback. Book Condition: New. Paperback. 216 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. Savvy, Sassy and Bold After 50, A Midlife Rebirth is inspiring and empowering, tailored for maturing women developing exciting new lifestyles. Topics include women's health and nutrition, the use of mind body medicine to achieve balance, and financial strategies for budgeting, and retirement planning. This book continues the tradition of older and younger women teaching and learning from each other. Valuable are the candid personal testimonies of women over 50 who lift their voices in support of and education for this new phase of life. They speak about their finances, changing sexuality, plans for retirement, and new pursuits they're seeking after 50. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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