



Radiant After 70: Adding Sparkle and Spirit to Life

Shirley Mitchell

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Aches and pains, frequent doctor visits, and prescription medication don't have to define your seventh decade. In *Radiant After 70*, Shirley Mitchell reminds all seventy-somethings that they have the power to live well. In each of us, there is a desire for health, beauty, and vibrant relationships. And the seventh decade is the perfect time to invest in these areas of our lives. In the last, most thrilling quarter of life, join Shirley in...Staying physically and mentally active. Blessing others with time-tested wisdom. Creating and fulfilling a bucket list. Recognizing and acting on symptoms of age-related health problems. Choosing a positive, hopeful attitude. You don't have to live down in the dumps. Embrace the positives of life and hold on to hope, which is not defined by outward circumstances. Be a light to others by living beautifully, even radiantly, after 70.

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Fred Musso:

Playing with family inside a park, coming to see the coastal world or hanging out with buddies is thing that usually you might have done when you have spare time, and then why you don't try thing that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Radiant After 70: Adding Sparkle and Spirit to Life, you can enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't obtain it, oh come on its known as reading friends.

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