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Avoid premature aging and diseases such as diabetes, cancer, arthritis and Alzheimer's through nutrition, exercise, and sleep.

This book is a recollection of stories, happenings and life lessons while growing up in rural Ireland during and after World War 2. At that time Ireland was somewhat isolated from Western Europe because of its neutral status during the war and was struggling to define itself as an independent nation, free from the clutches of colonialism. Food and gasoline were rationed and Ireland was one of the poorest countries in Europe. In this setting the author humorously shares his stories while growing up before during and after the introduction of telecommunications, electricity and television. The author also does an excellent job tracing his ancestors using his knowledge of genealogy.

Creating a new mindset in the way we see and act on aging. Tearing down old antiquated barriers of belief and providing new frameworks, behavior, attitudes, actions and creations in the subject of aging.

Stop Acting Your Age, Start Living Your Life gives the reader a full menu of new opportunities to get a fresh start at life. It's your chance to re-invent yourself and start living life on your own terms. Become an interesting character whose life story reads like an adventure novel. Break out of those tired, worn-out social conventions that confine adults to a passive, isolated existence; sitting on the sofa waiting for the phone to ring, or the Grim Reaper to call. Out with the old-old and in with the new, modern maturity. In other words, STOP ACTING YOUR AGE so you can START LIVING YOUR LIFE. Time to YOUTH'N UP, discover the newfound ways to make your life youthful, again. All you need to get started is a new attitude about your potential and life-chances. Follow the author's nine-step, YOUTH'N formula to achieve active aging and adventurous retirement. Be-

come a ZOOMER ... a boomer with Zip! The YOUTH'N UP formula is founded on the author's meta-analysis of research findings in peer-reviewed journals on preventive medicine, psychology, sociology and retirement living. Step-by-step, readers learn what experts have discovered about extending the youthful years of life. Age is just a number, as demonstrated by "older" people who look, feel and act decades younger than their chronological age. Readers learn the essentials of a total fitness lifestyle such as sound nutrition and dietary habits, brain boosting neurobics, improved body strength, increased energy, growing your social network, connecting to your higher power, achieving retirement-readiness and the pursuit of an AgeVenturous life. Readers are introduced to ZOOMER role-models, profiles of real people, not celebrities who possess an arsenal of personal trainers, life coaches and executive chefs. But rather, people just like you who have managed, on their own, to re-invent themselves and brighten their future. Be sure to take the author's Life-Stretcher quiz that measures the reader's progress toward achieving a genuine ZOOMER lifestyle. Become Age-Smart, then remain constantly current with listings of authoritative sources of information. Learn how to distinguish between "pop-culture hype" and the "real thing" (trustworthy research on successful aging and active retirement). Welcome aboard the ZOOMER style of life, where "Retirement is more a state of mind, than a stage of life."

INSTANT NEW YORK TIMES BESTSELLER
 "Thank you to Sheila Nevins for putting all this down for posterity. Women need this kind of honest excavation of the process of living." —Meryl Streep
 An astonishingly frank, funny, poignant book for any woman who wishes they had someone who would say to them, "This happened to me, learn from my mistakes and my successes. Because you don't get smarter as you get older, you get braver." Sheila Nevins is

the best friend you never knew you had. She is your discreet confidante you can tell any secret to, your sage mentor at work who helps you navigate the often uneven playing field, your wise sister who has "been there, done that," your hysterical girlfriend whose stories about men will make laugh until you cry. Sheila Nevins is the one person who always tells it like it is. In *You Don't Look Your Age*, the famed documentary producer (as President of HBO Documentary Films for over 30 years, Nevins has rightfully been credited with creating the documentary rebirth) finally steps out from behind the camera and takes her place front and center. In these pages you will read about the real life challenges of being a woman in a man's world, what it means to be a working mother, what it's like to be an older woman in a youth-obsessed culture, the sometimes changing, often sweet truth about marriages, what being a feminist really means, and that you are in good company if your adult children don't return your phone calls. So come, sit down, make yourself comfortable, (and for some of you, don't forget the damn reading glasses). You're in for a treat.

In the tradition of Thomas Hanna's *Somatics* and Pete Egoscue's *Pain Free*, Frank Wildman's *Change Your Age* offers a proven program for improving health, vitality, and fitness at any age. By integrating the body and mind to achieve greater coordination, agility, balance, and performance, you can improve every aspect of your life, from everyday to high-performance activities. No matter your age or condition, *Change Your Age* will add years of easy mobility to your life, and promises that you can stay fit, healthy, toned, and active throughout midlife and beyond, without injury or pain.

This book "sets out to change the current conversation about what it means to get older. In it, Jenkins chronicles her own journey, as well as those of others who are

making their mark as disrupters, to show readers how we can all be active, financially unburdened, and happy as we get older. It's [a] ... narrative that touches on all the important issues facing people 50+ today, from caregiving and mindful living to building age-friendly communities and attaining financial freedom"--

Knock a staggering two decades off your biological age in only two months. Find out how old you really are with 13 simple tests, then set to working on improving your score with visible results in days. **TURN BACK YOUR AGE CLOCK** tells you everything you need to know to become your own anti-aging guru: how to transform your body inside and out with diet, beauty and workout plans; how to stay on track; and how to improve your overall health, fitness and longevity.

"I returned to the same respiratory therapist for my annual checkup. I told her that her words to me, 'You look good for your age,' had inspired a book. 'Wow!' she said. 'You wrote a whole book about that?' 'Twenty-nine kick-ass writers wrote it,' I said. She gave me a thumbs up." From the Preface This is a book about women and ageism. There are twenty-nine contributing writers, ranging in age from their forties to their nineties. Through essays, short stories, and poetry, they share their distinct opinions, impressions, and speculations on aging and ageism and their own growth as people. In these thoughtful, fierce, and funny works, the writers show their belief in women and the aging process. Contributors: Rona Altrows, Debbie Bateman, Moni Brar, Maureen Bush, Sharon Butala, Jane Cawthorne, Joan Crate, Dora Dueck, Cecelia Frey, Ariel Gordon, Elizabeth Greene, Vivian Hansen, Joyce Harries, Elizabeth Haynes, Paula E. Kirman, Joy Kogawa, Laurie MacFayden, JoAnn McCaig, Wendy McGrath, E.D. Morin, Lisa Murphy Lamb, Lorri Neilsen Glenn, Olyn Ozbick, Roberta Rees, Julie Sedivy, Madelaine Shaw-Wong, Anne Sorbie, Aritha van Herk, Laura Wershler

A grandfather exaggerates his stories to his young grandson about how much he ate when he himself was a child, how far he walked, and other aspects of his life then.

Ten writers reflect on special childhood moments and provide individual explanations of how they became writers.

INCLUDES INTERVIEWS WITH BERTIE AHERN, MARY KENNEDY, SEAN O'ROUKE, MARY COUGHLAN AND MANY OTHERS. What was life like for Ireland's grandparents when they were young? What has changed for the better? What values would a grandparent wish to hand down?

In these pages, grandmother and chronicler of times past Valerie Cox talks to fellow grandparents, creating an unforgettable trip down memory lane. Through schooldays, dating, jiving, child-rearing, working life, holidays, fashions, taboos and dramas, memories are shared of a pre-digital age when the world seemed smaller, social mores were more stringent and community life was central. Full of tender or surprising reminiscences from across Ireland, along with revelations on what truly matters in life, this beautiful hardback gift book - featuring contributions from some of Ireland's best known grandparents - is a collective heirloom, a time capsule for the future.

A new edition of the international best-seller (a #1 bestseller in Japan), featuring a new preface Does the thought of working for 60 or 70 years fill you with dread? Or can you see the potential for a more stimulating future as a result of having so much extra time? Many of us have been raised on the traditional notion of a three-stage approach to our working lives: education, followed by work and then retirement. But this well-established pathway is already beginning to collapse - life expectancy is rising, final-salary pensions are vanishing, and increasing numbers of people are juggling multiple careers. Whether you are 18, 45 or 60, you will need to do things very differently from previous generations and learn to structure your life in completely new ways. The 100-Year Life is here to help. Drawing on the unique pairing of their experience in psychology and economics, Lynda Gratton and Andrew Scott offer a broad-ranging analysis as well as a raft of solutions, showing how to rethink your finances, your education, your career and your relationships and create a fulfilling 100-year life. · How can you fashion a career and life path that defines you and your values and creates a shifting balance between work and leisure? · What are the most effective ways of boosting your physical and mental health over a longer and more dynamic lifespan? · How can you make the most of your intangible assets - such as family and friends - as you build a productive, longer life? · In a multiple-stage life how can you learn to make the transitions that will be so crucial and experiment with new ways of living, working and learning? Shortlisted for the FT/McKinsey Business Book of the Year Award and featuring a new preface, The 100-Year Life is a wake-up call that describes what to expect and considers the choices and options that you will face. It is also fundamentally a call to action for individuals, politicians, firms and governments

and offers the clearest demonstration that a 100-year life can be a wonderful and inspiring one.

AN INSTANT NEW YORK TIMES BEST-SELLER In Talia Hibbert's newest rom-com, the flightiest Brown sister crashes into the life of an uptight B&B owner and has him falling hard—literally. Featured on Parade, PopSugar, Marie Claire, Oprah Mag, Bustle, Shondaland, CNN.com, Kirkus Magazine, Bookpage, USA Today, Bookish, Bookriot, and more! Eve Brown is a certified hot mess. No matter how hard she strives to do right, her life always goes horribly wrong. So she's given up trying. But when her personal brand of chaos ruins an expensive wedding (someone had to liberate those poor doves), her parents draw the line. It's time for Eve to grow up and prove herself—even though she's not entirely sure how... Jacob Wayne is in control. Always. The bed and breakfast owner's on a mission to dominate the hospitality industry and he expects nothing less than perfection. So when a purple-haired tornado of a woman turns up out of the blue to interview for his open chef position, he tells her the brutal truth: not a chance in hell. Then she hits him with her car—supposedly by accident. Yeah, right. Now his arm is broken, his B&B is understaffed, and the dangerously unpredictable Eve is fluttering around, trying to help. Before long, she's infiltrated his work, his kitchen—and his spare bedroom. Jacob hates everything about it. Or rather, he should. Sunny, chaotic Eve is his natural-born nemesis, but the longer these two enemies spend in close quarters, the more their animosity turns into something else. Like Eve, the heat between them is impossible to ignore... and it's melting Jacob's frosty exterior.

Being broke or isolated when you are over 50 is no fun - choose not to be. This book is quite simply an 'un-training manual' Applied correctly, the concepts here have the potential to make you extremely rich, devastatingly attractive, seriously uncompromising and extraordinarily happy.

Presents a companion to a PBS special that outlines an anti-aging program for retaining youthful mental clarity, improving energy, and strengthening the immune system.

Francis Scott Key Fitzgerald (September 24, 1896 - December 21, 1940) was an American author of novels and short stories, whose works are the paradigmatic writings of the Jazz Age. He is widely regarded as one of the greatest American writers of the 20th century. Fitzgerald is considered a member of the "Lost Generation" of the 1920s. He finished four novels:

"This Side of Paradise", "The Beautiful and Damned", "The Great Gatsby" (his most famous), and "Tender Is the Night". A fifth, unfinished novel, "The Love of the Last Tycoon", was published posthumously. Fitzgerald also wrote many short stories that treat themes of youth and promise along with age and despair. Fitzgerald's work has been adapted into films many times. His short story, "The Curious Case of Benjamin Button", was the basis for a 2008 film. "Tender Is the Night" was filmed in 1962, and made into a television miniseries in 1985. "The Beautiful and Damned" was filmed in 1922 and 2010. "The Great Gatsby" has been the basis for numerous films of the same name, spanning nearly 90 years: 1926, 1949, 1974, 2000, and 2013 adaptations. In addition, Fitzgerald's own life from 1937 to 1940 was dramatized in 1958 in "Beloved Infidel".

Jews spend endless hours of their lives in prayer, yet many Jews view prayer as an obligation to strike off the schedule rather than enjoy and be uplifted by. Since we generally don't learn about prayer past grade school, we often find ourselves praying with the intellectual awareness of fifth graders and we therefore find prayers to be meaningless and empty. This book bridges that very gap connecting the mind to the heart by allowing the laws of prayer, which people know so well, to influence the experience of praying in ways that have not yet been explored."

The Instant New York Times Bestseller and TikTok Sensation! As seen on THE VIEW! A BuzzFeed Best Summer Read of 2021 When a fake relationship between scientists meets the irresistible force of attraction, it throws one woman's carefully calculated theories on love into chaos. As a third-year Ph.D. candidate, Olive Smith doesn't believe in lasting romantic relationships--but her best friend does, and that's what got her into this situation. Convincing Anh that Olive is dating and well on her way to a happily ever after was always going to take more than hand-wavy Jedi mind tricks: Scientists require proof. So, like any self-respecting biologist, Olive panics and kisses the first man she sees. That man is none other than Adam Carlsen, a young hotshot professor--and well-known ass. Which is why Olive is positively floored when Stanford's reigning lab tyrant agrees to keep her charade a secret and be her fake boyfriend. But when a big science conference goes haywire, putting Olive's career on the Bunsen burner, Adam surprises her again with his unyielding support and even more unyielding...six-pack abs. Suddenly their little experiment feels dangerously close to combustion. And Olive discovers that the only thing more

complicated than a hypothesis on love is putting her own heart under the microscope.

A Best Book of the Year: The Washington Post • Chicago Tribune • NPR • Vogue • Elle • Real Simple • InStyle • Good Housekeeping • Parade • Slate • Vox • Kirkus Reviews • Library Journal • BookPage Longlisted for the 2020 Booker Prize An Instant New York Times Bestseller A Reese's Book Club Pick "The most provocative page-turner of the year." --Entertainment Weekly "I urge you to read Such a Fun Age." --NPR A striking and surprising debut novel from an exhilarating new voice, Such a Fun Age is a page-turning and big-hearted story about race and privilege, set around a young black babysitter, her well-intentioned employer, and a surprising connection that threatens to undo them both. Alix Chamberlain is a woman who gets what she wants and has made a living, with her confidence-driven brand, showing other women how to do the same. So she is shocked when her babysitter, Emira Tucker, is confronted while watching the Chamberlains' toddler one night, walking the aisles of their local high-end supermarket. The store's security guard, seeing a young black woman out late with a white child, accuses Emira of kidnapping two-year-old Briar. A small crowd gathers, a bystander films everything, and Emira is furious and humiliated. Alix resolves to make things right. But Emira herself is aimless, broke, and wary of Alix's desire to help. At twenty-five, she is about to lose her health insurance and has no idea what to do with her life. When the video of Emira unearths someone from Alix's past, both women find themselves on a crash course that will upend everything they think they know about themselves, and each other. With empathy and piercing social commentary, Such a Fun Age explores the stickiness of transactional relationships, what it means to make someone "family," and the complicated reality of being a grown up. It is a searing debut for our times.

Ageless Talent: Enhancing the Performance and Well-Being of Your Age-Diverse Workforce provides organizational leaders, managers, and supervisors with clear, evidence-based tactics by which to develop and manage an aging and age-diverse talent pool. This volume provides an easy-to-implement set of tools for addressing the difficult problems related to employee performance and well-being amid ongoing technological and social change. Ageless Talent introduces a straightforward framework (PIERA) that translates scientific advances into actionable steps and strategies. Using this framework, this book pro-

vides practical illustrations to help readers design their own small-scale interventions to achieve desirable goals under diverse organizational constraints. Furthermore, the book addresses modern management challenges arising across the globe, and offers suggestions for leaders interested in short-term and long-term change. These suggestions, grounded in time-tested and leading-edge research evidence, include specific step-by-step guidelines, customizable to different types of organizations and industries. With economic, cultural, technological, and demographic shifts making the changing nature of work a pressing concern for organizations around the globe, Ageless Talent is an essential text for practitioners - HR professionals, organizational leaders, and managers - as well as management education programs and professional training and leadership programs. It will also appeal to instructors and students in the field of industrial/organizational psychology.

How laughter and method acting make you happy, healthy, and feeling years younger

Are our current ways of talking about "the problem of adolescence" really that different than those of past generations? For the past decade, Act Your Age! has provided a provocative and now classic analysis of the accepted ways of viewing teens. By employing a groundbreaking "history of the present" methodology that resists traditional chronology, author Nancy Lesko analyzes both historical and present social and political factors that produce the presumed "natural adolescent." This resulting seminal work in the field of youth study forces readers to rethink the dominant interpretations on the social construction of adolescence from the 19th century through the present day. This new edition is updated throughout and includes a full new chapter on 1950s-era assumptions about adolescence and the corresponding connections to teens today. As in all chapters, Lesko provides careful examination of the concerns of nationalism, sexuality, and social order in terms of how they are projected onto the definitions of adolescents in the media, in schools, and in the home.

As the human lifespan expands and more people are living to 100 years and beyond, New York Times best-selling author Michael Roizen, M.D., explains how to prepare for a longer, healthier future. Over the next decade, people living to 100, 120, or even 130 years old will become increasingly common--and life past 100 may not look like what you expect. In this groundbreaking narrative, best-selling author Michael Roizen reveals how current sci-

ence and technology will revolutionize our ability to live longer, younger, and better. Today's breakthroughs in longevity research are unprecedented, and this book will help you navigate the coming changes to make the best decisions for your brain, your body, and your bank account. Along with acclaimed economists Peter Linne-man and Albert Ratner, Roizen explores how longer life spans will change our lives and our culture, providing the most comprehensive and forward-looking book on aging to date, and showing readers how to prepare for the next major societal disruptor. At long last, here is a road map to prevention, treatment, and technology that will reshape how we think about old age—and help us plan for an audacious future.

Aging is a process but reverse aging is a privilege to self. But we all know aging is a process and Age is Just A Number. A woman of 60yrs looks like a forty year old, and a woman of 40 yrs may look like 60yrs old. Have you ever thought why this is so? First the body speaks what the mind things; secondly it is dependent on your food habits and lifestyle changes. We think we know everything but actually that is not the fact. Have you heard of a lady named Paddy? She gave a brilliant dance performance at the age of 80yrs on Britain's got talent! "You can be the next in line" What kept her thriving? She had a very strong will power, was dedicated to her work, good foods and exercise. She persistently kept her focus and did not fail. She was so stress free that she could do it all. If she can do it, You can do it too. Here is a chance to make a difference to you. Your LIMITations are only your IMAGInations? Train your brain to get what you really want in life. There is always a way when you are committed. Make an EFFORT daily to TRANSFORM yourself. let's talk little about the manifestations of AGIng. physical health Cognition decline wrinkles Fatigue Urinary complaints Increase in weight Powerless Thought that one is less self worthy, Just imagine of all the unending problems which can be solved easily and effectively. Aging and its effects are a result of numerous genetic, environmental, foods, lifestyle changes which affects each and every person differently. Learn the power of AGEing to REverse AGEing. What does it take to move from AGing to SAGing Is Reverse ageing a myth? Are there scientific proven ways to look younger? Are there supplements? Is there something like the fountain of youth...the antioxidants? Are there food formulas? What is the Japanese technique of longevity? What power does food and nutrition has: WHY NUTRITION: The dramatic increase in average life ex-

pectancy during the 20th century ranks as one of societies greatest achievement. ALTHOUGH most babies born in 1900 did not live pass age 50years. Life expectancy at birth now exceeds 83 years in Japan and is at least 81 years in several other countries- The most dramatic and rapid games have occurred in East Asia with life expectancy at birth increased from less than 45 years in 1952 more than 74 plus years today. This improvement requires a great transition in the nutrition factors. This has brought encompassed with broad spectrum changes. 1] High to low fertility rates. 2] A steady increase in life expectancy at birth 3] A shift in the leading causes of death and illness from infections to parasite diseases, heart disease, obesity, blood pressure to an communicable disease and chronic illness. The better living standards especially nutritious diet and clean a drinking water became the norms of good health. Also along with it regular exercise program, positive attitude, adequate sleep, less stress is needed. This can help the delay in the onset and also slow down the progression of many of these changes. The best way to achieve good health is through your gut meaning, good nutrition, vitamins and lastly digestion. This is just the beginning Many have talked about food and nutrition and vitamins. I know but I want you to understand why it is detrimental to health. The best easier way you can accommodate these foods with no brain clog. When one is lacking in nutrients and vitamins then you end up having thigh muscles pain WHICH affects your muscle especially the thighs and decreases your ability to sit and stand. I don't think anyone would want to LAND IN SUCH TROUBLE. Regain your strength and confidence. Do you want to say goodbye to Aging?

A mother-daughter writing team reports on what's really up with kids today Science writer Robin Marantz Henig and her daughter, journalist Samantha Henig, offer a smart, comprehensive look at what it's really like to be twentysomething—and to what extent it's different for Millennials than it was for their Baby Boomer parents. The Henigs combine the behavioral science literature for insights into how young people make choices about schooling, career, marriage, and childbearing; how they relate to parents, friends, and lovers; and how technology both speeds everything up and slows everything down. Packed with often-surprising discoveries, Twentysomething is a two-generation conversation that will become the definitive book on being young in our time. "The fullest guide through this territory . . . A densely researched report on the state of middle-

class young people today, drawn from several data sources and filtered through a comparative lens." —The New Yorker Based on the groundbreaking study that shaved three years off a subjects' age in just eight weeks, discover a proven, accessible plan to prevent diseases and reduce your biological age. It's true: getting older is inevitable and your chronological age can only move in one direction. But you also have a biological age, which scientists can measure by assessing how your genes are expressed through epigenetics. Exciting new research shows that your bio age can actually move in reverse—and Dr. Kara Fitzgerald's groundbreaking, rigorous clinical trial proved it's possible. By eating delicious foods and establishing common-sense lifestyle practices that positively influence genetic expression, study participants reduced their bio age by just over three years in only eight weeks! Now Dr. Fitzgerald shares the diet and lifestyle plan that shows you how to influence your epigenetics for a younger you. In Younger You you'll learn: It's not your genetics that determines your age and level of health, it's your epigenetics How DNA methylation powerfully influences your epigenetic expression The foods and lifestyle choices that most affect DNA methylation Simple swaps to your daily routines that will add years to your life The full eating and lifestyle program, with recipes and meal plans, to reduce your bio age and increase vitality How to take care of your epigenetic expression at every life stage, from infancy through midlife and your later decades We don't have to accept a descent into disease and unwellness as we age as inevitable: when you reduce bio age you reduce your odds of developing all the major diseases, including diabetes, cancer, and dementia. With assessment tools for determining your bio age, recipes, and plans for putting it all into practice, Younger You helps you repair years of damage, ward off chronic disease, and optimize your health—for years to come.

Learn how to protect your health for the future by losing weight, and knock years off your age - with expert advice from Harley Street doctor, Dr Aamer Khan. Dr Khan has spent over 15 years performing cosmetic and non-surgical procedures, helping thousands of men and women, each with a different concern, achieve their aim - to look good and feel as good as they can. In TURN BACK TIME he gives the reader everything they need to know on how to look good and feel great in older age. With practical, personal and expert advice on the right exercise, nutrition to help you find the right balance in life.

Act Your Age examines and questions our tendency to label our youths as both endangered and dangerous creatures. Lesko analyzes both historical and present social and political factors that produce the presumed "natural adolescent." She also examines the concerns of nationalism, sexuality, and social order in terms of how they are projected onto the definitions of adolescents in the media, in schools, and in the home.

Although we've been conditioned to think "middle aged" is practically a four-letter word, the realities of women in midlife today are far different than what our mothers experienced. Women in their 40s, 50s, and even 60s are living younger, vibrant lives. But influenced by our youth-obsessed culture, we fear that when we hit midlife, we stop being relevant and no longer have options—that it's simply too late for us. Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and on her experience as a therapist to show midlife is not the beginning of our decline—it is actually a time to pursue our dreams. In *Your Best Age Is Now*, she offers specific advice on how to change our perception of this next life phase and make the best of it by:

- Letting go of stress to create a more balanced life;
- Identifying false thinking that is holding us back;
- Taking charge of our love life and relationships;
- Staying relevant in the workplace or starting new, exc-

iting careers; · Becoming more spiritual and leading a life of gratitude; and more. *Your Best Age Is Now* provides the guidance you need to reject the status quo, become more "you" than ever before, and find the kind of happiness you never thought possible.

Filled with healthy habits to help you take charge of your life with wit, energy, and confidence, this inspiring guide will show you how to look, feel, and be your best in a busy, fast-paced world. Warm, engaging, and user-friendly, this powerful, practical guide to aging gracefully will be an indispensable resource for anyone looking to live their best life. Featuring more than a hundred easy-to-adopt "small steps" -- the foundation for ingrained habits that will yield longer, happier, and healthier years - this book will help enrich your life, from health and fitness to style, work and relationships. From checking in with your doctors to changing your fitness routine, cooling hot flashes, tackling social media and updating your wardrobe, transformation really does begin with one step - and Grufferman provides an easy formula for making and breaking the right habits. Packed with expert tips, myth busters, checklists, real-life anecdotes, and sage wisdom, this book offers a new approach to life after 40 that will inspire, rejuvenate, and energize. Winner of the Excel Book Award for General Excellence by the Association of Media & Publishing

"A love letter to readers who've ever been

made to feel weird for loving daddy kink. Dangerfield is a bold, brilliant, captivating voice who should be at the very top of your TBR." - New York Times bestselling author Tessa Bailey All Kate 'Middleton' McGrath wants is a man to call 'Daddy' in bed. But kinks aren't for everyone. She gets it. They're definitely not going to be for her grumpaholic boss, Mr Henderson. But a girl can dream, can't she? Especially when he's always so stern with her... "Fresh, sexy and fun. Act Your Age is Australian erotic romance at its best." - New York Times bestselling author Kylie Scott Tyler Henderson is a golden boy who's lost his shine. He's old, his dream career is over, his fiancée left him. Now all the former firefighter can do is bury his troubles in paperwork and hard liquor... and try to keep Middleton out of his head. He's not going anywhere near that girl. He's done with sweet and innocent. And things don't come much sweeter or more innocent than a cupcake-baking engineer who knits her own hats. "It's 2am and this book is everything and I. Am. Dead. If you have to read one daddy book-read this one." - New York Times bestselling author L.J. Shen When a case of mistaken identity brings Kate and Ty together, they soon realize they have more in common, and more to lose, than either of them dreamed... ACT YOUR AGE is a full-length contemporary novel by critically acclaimed author Eve Dangerfield.