Loving Your Age at Every Age: In the Good Times and Hard Times, 2005, Sandy Paris, 0975533509, 9780975533505, Dream Reality Publishing, 2005

Just imagine the freedom of living the youthful age you have consciously created--instead of the limited biological age youre given. Imagine looking in the mirror every morning and feeling twenty or thirty years younger. Myth? Blue-sky wish? Sandy Paris, author of Loving Your Age At Every Age--In the Good Times and Hard Times, says its reality. Through her refreshingly common-sense stories and down-to-earth strategies, Paris demonstrates the power of youthfulness she lives every day, and anyone can achieve. Readers have called her book life changing. The stories and techniques woke me up to new avenues I never knew existed. The more I study the book the more I get out of it. I am now using your Loving Your Age Success Journal and have found it to be very helpful. Thank you so much for this outstanding, life-changing book. M.D California Sandy, your book came in a time of need. Our son was getting a divorce after 20 years of marriage. He was heartbroken and bitter. After reading your book, it helped me find the words of encouragement to try to help him through this difficult time. My son also read the book and it has changed not only my life but also his life. Thank you again. We wish you happiness and success. J.D. New YorkAge is a big issue in todays society. Both men and women pay millions of dollars, searching for the Fountain of Youth. They are dying to live longer. They want to relieve the pressures of aging the stress and anxiety we all struggle with. Sandy Paris has lived through her own strugglesincluding divorce, poverty, and a father who kidnapped her at age three and forced her to live on the run. Transforming these hardships into opportunities, Paris developed an amazing ability to succeed. She went on to work for ABC Broadcasting and become a motivational speaker, presenting to thousands nationwide. Her book streamlines the secrets of an eternally youthful attitude and gives specific techniques to stay young. And Paris walks the talk: she is over 65 but looks 40. Loving Your Age At Every Age is a groundbreaking book about embracing a specific attitude of youth, what Paris calls the young at heart attitude. The simple techniques in her book debunk our cultures beliefs about aging and show the reader how to: Recognize and overcome the myths of aginghow to stop being a victim of aging Find your mirror of life and learn how it reflects the answers of the anti-aging stateHow the art of listening holds the Fountain of Youth Discover the chains that bind the unconscious heart Learn about the battleground of positive and negative energy and how to rise above it to a world of timeless energyTo contact Sandy Paris purchase book www.sandyparis.com or to go to:

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Life A Spiritual Journey Observing Life from the Viewpoint of Soul, Betty Jane Rapin, May 4, 2010, Poetry, 224 pages. Betty Jane Rapin is a freelance writer who has published more than 250 articles, essays, stories, and poetry in magazines, newspapers, newsletters, Web sites, and three.

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