



No More Little Old Ladies!: 15 Essential & Specific Proven Anti-Aging Strategies for Gutsy Women in Their 40s and 50s

Barbara Morris

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Little Old Ladies don't just happen--they are created by default. The road to little old lady-hood starts early in mid life but if a well thought out plan of prevention is in place, midlife women can keep and improve their current level of youthful attributes for at least another 25 years. One reason most women don't achieve their desired degree of agelessness is because the traditional retirement oriented senior culture does not support growth and productivity. The negative power of the senior culture is something few women are aware of, and nobody talks about it...until now. This aging influence in the lives of older women has finally been ""outed"" and you must discover what it's all about and how to avoid it in No More Little Old Ladies!

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