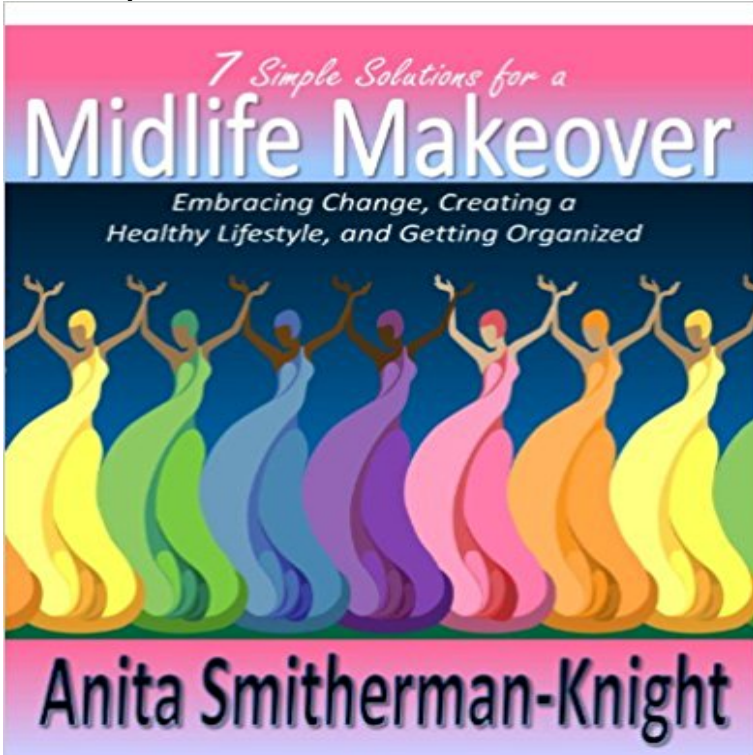


7 Simple Solutions for a Midlife Makeover



Are you a baby boomer? If so, this book is for you. Guided by principles of faith, hope and love, and an "œuh-oh" moment of an unhealthy lifestyle, Anita Smitherman Knight journals her course for taking control of her health and other aspects of life. She began by taking steps to reduce 3 major health risks: diabetes, high blood pressure and heart disease and embarked on a mission of finding the courage to change, getting organized and loving everyday of life. This book provides 7 simple solutions for women who want to take the journey of a lifetime, living a healthier and happier life.

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