

Teach Yourself Life at 50: For Men (Teach Yourself: Relationships & Self-Help)



Enjoy your 50s to the fullest Teach Yourself Life at 50--for Men outlines the many opportunities and possible life changes you experience once you reach 50. Containing both straightforward advice and interactive material, such as action plans and checklists, it covers every area of your life, from family and health to careers and finances.

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