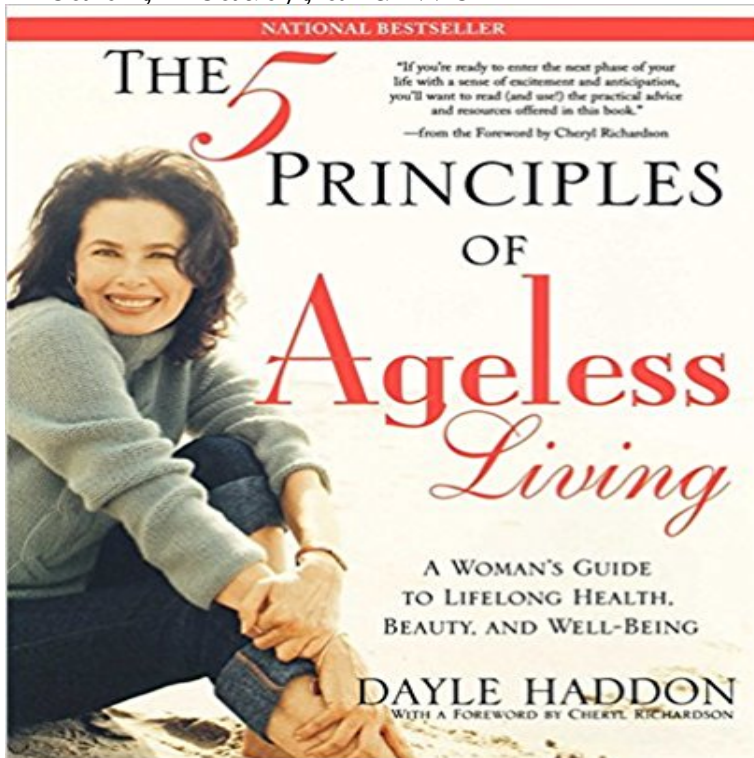


# The Five Principles of Ageless Living: A Womans Guide to Lifelong Health, Beauty, and We



Using the Ageless Living Principles in my own life, I have the feeling that everything is right. I have a sense of completeness and happiness. I am filled with enthusiasm, understanding, balance, joy, and playfulness....When I practice the Ageless Living Principles, I have the experience that I am living life, rather than life is living me. Why should we ever think that we have to settle for less?Dayle Haddon wants women over forty to know that age is an asset and not, as we are so often told, a liability. She wants us to realize that we are vital, strong, and beautiful, and she wants us to do that through The Five Principles of Ageless Living. A positive and spirited program for women age forty and over, The Five Principles of Ageless Living offers inspiring and practical solutions in the related areas of beauty, wellness, spirit, wisdom, and community. Based on Dayles professional knowledge and her own self-care practices, the Ageless Living Principles provide unique and practical ways for women to enhance the many dimensions of their lives. As women over forty today, we are privileged to be at a different point in our lives than the generations that came before us. Weve never been in a better place or at a better time to choose for ourselves, to make positive changes in our lives. Today, more than ever, we have the ability to live our true lives. All we need is know-how: the tools to get there and the energy to use them. A guide to the infinite possibilities in each of us, the Ageless Living

Principles help us realize that we dont have to settle.

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