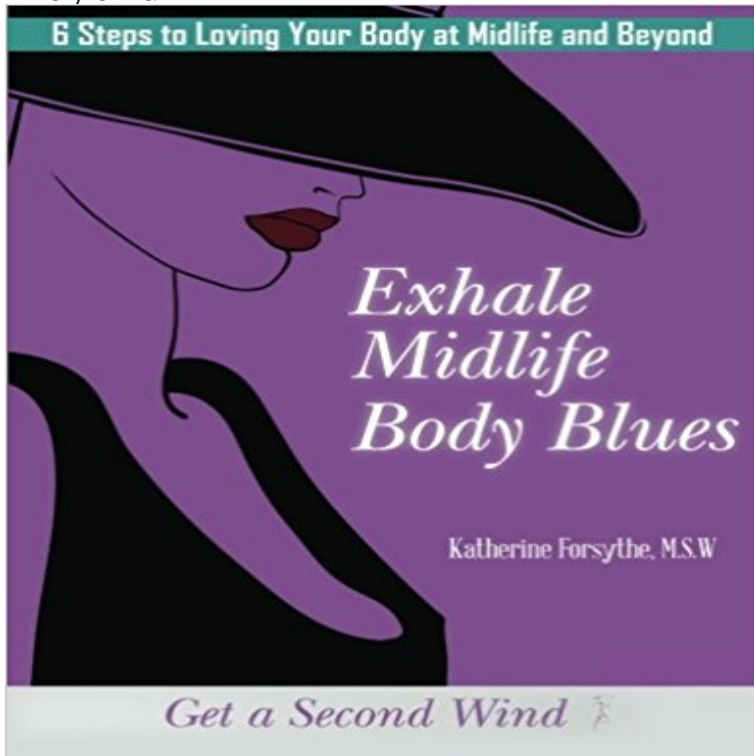


# Exhale Midlife Body Blues: 6 Steps to Loving Your Body at Midlife and Beyond



In *Exhale Midlife Body Blues*, Katherine (Kat) Forsythe, MSW, shares six essential secrets for living happily and successfully with your changing body at midlife and beyond, every day. It's not about needles or knives, salves or supplements, food or fitness. It's about what goes on between your ears! With six well-defined and actionable steps, *Exhale Midlife Body Blues* provides practical tips and techniques to rewrite your inner script. You'll laugh at your foibles. You'll learn: how to tell the voices of doubt to take a hike, how to let go of the past, and how to appreciate the hard work your body has done for you. You'll begin a new way of talking to yourself - a uniquely positive internal dialogue, using the Six Steps to Loving Your Body at Midlife and Beyond. You'll discover your own personal courage key to keep yourself moving forward "for the rest of your life, no matter what! If you've said, "Who is that woman in the mirror? That can't be ME!", you're not alone! In the book, Katherine tells us, "Most of us want to be told we look ten years younger. Let's share our stories, laugh together, learn new thinking, and start fresh, learning to be friends with the body we have today" and for the rest of our lives. We're confident, vibrant, and sophisticated. Let's own it! Discover how to exhale midlife body blues! This book shows you how to step out into the world with a fresh, new mindset, as the savvy, sophisticated, confident woman

that you are today. You're not getting older, you're getting started! Written by Katherine (Kat) Forsythe, MSW, this transformational journey guide digs deep into her professional and personal experiences with hundreds of women at midlife and beyond, to offer a revolutionary process for handling the tsunami of change after midlife. The journey guide also includes worksheets and motivational quotations to equip you to forever change your outlook on yourself.

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