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What Women 55+ Need To Know: From Lipstick To Living Wills

What Women 55+ Need to Know From Lipstick to Living Wills



Faith Evans · Marjorie Apel



Synopsis

* Researched and written by older women, for older women, to help us all look better, feel better, and get more out of life.* 200+ pages with over 75 illustrated articles, shown in 4 sections: Looking Good. Money. Health. Lifestyle.* Typical topics include: inside info on cosmetics, the financial costs of late marriage, sex after menopause, and the best cruises for solo travelers. * Articles are packed with information readers can trust--because we've done the necessary research and give you live links for additional authoritative information.* Take one minute to scan the TABLE OF CONTENTS, and you're likely to think, "Got to have it!"

Book Information

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Customer Reviews

This book was extremely informative and easy to read while covering a wide variety of topics that are invaluable for women in the over 55 category. Subjects such as life-style advice, medical and financial information, legal issues affecting older women, etc. were presented (using many professional experts) in a lively, clear and knowledgeable manner. The style and tone of the writing was helpful, and friendly and, happily amusing and yet always reliably professional and

authoritative. The book provided many valuable references which were easily accessible. I was really surprised that this type of book could cover so much and still be so readable. It's the kind of book that I (and all readers I would think) would refer to many times over.

I LOVE this book! Marjorie Apel and Faith Evans have created a wonderful set of topics to inform people like me -55+. I especially like the chapters titled Nutrition for Healthy Aging and More Bad News About Diet Supplements. With all that's in the news about food supplements and health problems of older women, I was thrilled to find a book with concise and easy to read articles on these topics. It is very helpful and informative. I highly recommend this book.

It's a current, lively, informative and entertaining read about every topic under the sun that is important to us over 55ers. When we were choosing plans for Medicare and Supplemental options, it made more sense to me than any of the other literature that we read. It has validated many of the opinions that I've had about over the counter supplements and prescription drugs in general. Thanks to Faith and her Team for a valuable tool for us Boomers!

This book is filled with useful information for older women. I found the chapters on exercise and financial matters particularly informative. The book is clearly written and well organized. I could have done without the chapters on pets, but I'm sure other people will like them very much.

Pleasant and informative reading. Offers older women pointers and resources to answer the questions and concerns of women over 55 years of age, and includes a bonus bit of fun.

Not what I thought it would be. About one page on each subject-like a directory. Info is ok.

This is a clear, well-researched and informative - and totally essential - manual for navigating the second half of your life!

This is a well written, well organized book filled with useful information on a wide range of topics for the 55+ woman.

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