

The Woman's Wakeup: How to Shake Up Your Looks, Life, and Love After 50

Lois Joy Johnson

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Women know from experience that what it means to be independent, adventurous, successful, and sexy changes over time to fit new mindsets, roles, and lifestyles. Whether navigating the landscape of a new career path, dating again in a digital age, or in need of a beauty and fashion overhaul, award-winning journalist and author Lois Joy Johnson has the fix for women 50+.

The Woman's Wakeup is a user-friendly, inspirational guide that provides firsthand advice for women on everything from dating (again!) to being a glam grandmother, reviving a wardrobe, making friends in a new town, working in a new environment, and figuring out how to stand out in a youth-obsessed world. Filled with Johnson's expert tips—as well as interviews with medical professionals and women 50+ of various walks of life who have been there, done that, and are still on the road to adventure—The Woman's Wakeup will inspire you to feel more confident, stylish, and evolved than ever.



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From reader reviews:

Warren Matt:

Playing with family in a very park, coming to see the coastal world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try point that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Woman's Wakeup: How to Shake Up Your Looks, Life, and Love After 50, you could enjoy both. It is great combination right, you still wish to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't obtain it, oh come on its referred to as reading friends.

Edward Rideout:

Is it a person who having spare time after that spend it whole day by simply watching television programs or just laying on the bed? Do you need something totally new? This The Woman's Wakeup: How to Shake Up Your Looks, Life, and Love After 50 can be the respond to, oh how comes? It's a book you know. You are consequently out of date, spending your extra time by reading in this brand new era is common not a geek activity. So what these guides have than the others?

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Kaye Hensley:

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