Im 42-years-old, but feel like Im 62. I have lost my glow. I miss the woman I used to be. Im so afraid of getting older. I want to feel healthy and alive again. If youve had these or similar thoughts, youre not alone. Robin McGraw, wife of television talk show host Dr. Phil McGraw, receives thousands of emails from women asking her what she does to look and feel so vibrant, energetic and healthy at the age of 55. It all started back in Robins twenties and thirties when pivotal moments in her life made her realize that if she did not put her health and well-being first, no one else would. One such moment came in her early thirties when Robin experienced the sudden death of her mother, a wonderful woman who put the needs of her family above her own and, as a result, didnt know that her health was ailing. This tragedy made Robin realize that in order to be the
best wife, mother and woman possible, she had to take care of herself as if her life depended on it.

In What's Age Got To Do With It, Robin urges you to do the same and shows you that its not selfish to take care of yourself. Robin says, I wrote this book, not only to answer questions about what I do to stay healthy and in shape, but to remind women that its time to move yourself to the top of your list of priorities. If you cant do it for you, then do it for your family. Because my precious mother never did that, she missed out on so many wonderful years and experiences. I realized that it doesn't make you a better wife or parent if you're sacrificing everything -including your health, soul and spirit -for your family. I refuse to perpetuate that legacy and I want you to join me and get excited about living your life in a passionate, happy and healthy way. Its never too early to start taking care of yourself, but its also never, ever too late.

Features:
* ISBN13: 9781400202140
* Condition: NEW
* Notes: Brand New from Publisher. No Remainder Mark.

Personal Review: What's Age Got To Do with It?: Living Your Healthiest and Happiest Life by Robin McGraw
I really liked what I read with Robin McGraw's excellent book addressing age issues and women. I think she could or would have had a best seller if she had entitled it a little differently.

Although she sits atop a number 55 basically telling us her age, she writes her book to all women and answers questions about health issues, make-up, nutrition and the other things from all perspectives. For instance, when talking about Fitness and Nutrition she comes from ages in the late 20s, 30s, 40s, and onward. Each story is one of her own or someone she knows. Additionally, she provides charts and regimens for women to work at and provides helpful hints for diet and exercise.

One thing here too is that there are so many nuggets of information that are useful and helpful if someone applies it. Additionally, she writes to motivate and is encouraging, with a 'you can do this' approach.

Although the book is not applicable to my life, picking it up and reading sections of it can be very enlightening to men and what women may go through in stages of their lives.

What can we do to make this a best seller now that it is considered a bargain book? Frankly, buying it now, really is a bargain.
should or might consider this as a gift idea to be read in places with their wives.

Lastly, although I will never experience menopause first hand, I am completely impressed at Ms. McGraws openness about her experience. This alone is a must read for men to understand what women go through and for women to assist them when premenopause and menopause has come, to help with ideas and thoughts about supplements and medicines. She even has a cute story about Dr. Phil's response to a conversation they have, "Okay, okay," he answers, then she comes back with, hey, there is no excuse to use this everytime I am agitated either. "I hear you....." Really cute.

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*Whats Age Got to Do with It?: Living Your Healthiest and Happiest Life by Robin McGraw 5 Star Customer Reviews and Lowest Price!*