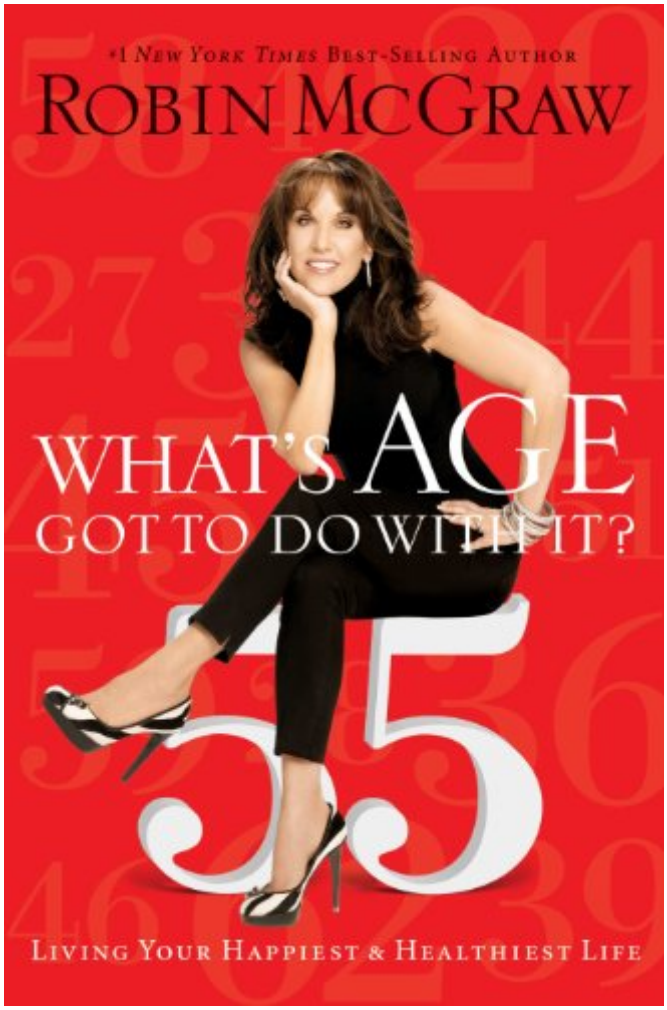
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What's Age Got To Do With It?: Living Your Happiest And Healthiest Life



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Synopsis

What Ã¢â ¬â„¢s Age Got to Do with It? ABSOLUTELY NOTHING! Though itÃ¢â ¬â„¢s her husband, Dr. Phil, who has his own nationally-syndicated talk show, Robin McGrawÃ¢â ¬â„¢s appearances on the show draw thousands of questions from viewers of all ages who want to know how she looks and feels so fabulous at the age of fifty-five.Ã Â In WhatÃ¢â ¬â„¢s Age Got to Do with It? Robin shares her journey, including the ups and downs, and the secrets for staying healthy and in shape. She also provides insider information from a panel of top experts in the areas of fitness, nutrition, skin care, menopause, hair, makeup, and fashion. Included in this two-in-one book, is the highly practical and actionable companion book Robin McGrawÃ¢â ¬â„¢s Complete Makeover Guide, which helps women apply RobinÃ¢â ¬â„¢s powerful insights in their everyday lives. Robin says, Ã¢â ¬Å“To me, aging gracefully isnÃ¢â ¬â„¢t accepting what aging does to you. It means taking care of your health, wanting to look your best, and knowing that it is not conceited, egotistical, or selfish to do so.Ã¢â ¬Â• ROBIN McGRAW, wife of best-selling author and television talk show host Dr. Phil McGraw, has made Ã¢â ¬Å“family firstÃ¢â ¬Â• a priority in her life. Married for more than thirty years to Dr. Phil, Robin has made her marriage and raising their two sons, Jay and Jordan, her priority in life. A constant presence on the Dr. Phil show since the first episode, viewers worldwide have embraced RobinÃ¢â ¬â •whether sheÃ¢â ¬â„¢s discussing her experiences as a mother and wife or dealing with issues that women face in the many phases of their lives. Ã Â

Book Information

File Size: 677 KB

Print Length: 240 pages

Simultaneous Device Usage: Up to 5 simultaneous devices, per publisher limits

Publisher: Thomas Nelson (August 2, 2010)

Publication Date: August 2, 2010

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00527MZYK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #431,928 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #69 inÃ Â Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #332 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Aging #622 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Beauty, Grooming, & Style

Customer Reviews

I'm a big fan of Robin and her hubby. Really like how she writes and is very down to earth. Hope she writes a new one updating us on all her routines/advice, and products she uses!

Wisdom from Robin McGraw - Really, I'm learn how to take care of myself in a whole new way! Robin explains her adventures to doctors offices, life changes, and how she trail blazed for us women who may not have time or the contacts to do the research for ourselves! Thank you Robin for this book, I believe it is really motivated by love for your own mother, herself and the all ladies (and men) who don't understand what they can do about the natural changes a person goes through and how hormones, etc., get out of balance and what to do to fight back. We don't have to live a half life or believe the old stories passed down from generation-to-generation (I believe she said something in this book to this effect). She provides a easy to follow format with the goal of figuring out what options are available and how to live an overcoming life at any age! It's a treasured books in my collection, thanks :).

Loved it. Inspirational. Started me thinking about hormones and early menopause, which I previously hadn't thought about at 40.

Having finished Robins book after reading the reviews of others I was pleasantly surprised. Being a women, Daughter, Wife and Mother, our roles are varied and full. Robin has over the years become a wealthy celebrity. She is beautiful both inside and out. Her message in this book is one all women need to read and consider. We all get tied up in daily life and sometimes forget who we are. We don't need Robins wealth to put her recommendations into practice. Thank you Robin for sharing your tips, tricks and advice with others.

Interesting bio

I really enjoyed this audiobook. While I don’t really care about hair/make-up and fashion advice, there was a lot of health, nutrition and wellness info in here that I was able to learn from . If you are concerned about healthy aging and maintaining your health, diet and fitness, then I definitely recommend this audiobook.

A very easy read that has immense depth and foresight. Although I already do some of the life practises I found that Robin’s advice on how to incorporate simple changes everyday was inspiring and motivating. Her outlook on life, love and family certainly permeate through this book. I especially like her carefree attitude and simple ideas that are easy to adopt to anyone’s lifestyle. A wonderful, book that will have you making easy changes to what you do to make you are happier and healthier person.

I ordered it for my wife because she was always borrowing it from the library she loves it

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