

Prime Time



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Jane Fonda, no. 1 bestselling author, actress and fitness pioneer, is an icon for generations of women. Now you can learn her secrets to living life to the full with this intimate insight into her world. Combining stories from her own life and from the lives of others with new research, Jane Fonda explores how the critical years from 45 and 50, and especially from 60 and beyond, can be the time when you truly become the energetic, loving, fulfilled person you were meant to be. Covering the 11 key ingredients for vital living, Fonda shows you how to enjoy a more insightful, healthy and fully integrated life - one that is profoundly in touch with yourself, your body, mind and spirit, and with your talents, friends and community. Covering health, fitness, sex, love, social growth, and self-understanding, Prime Time offers a vision for successful living and maturing, so you too can ensure that your forties and beyond are your own prime time.

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