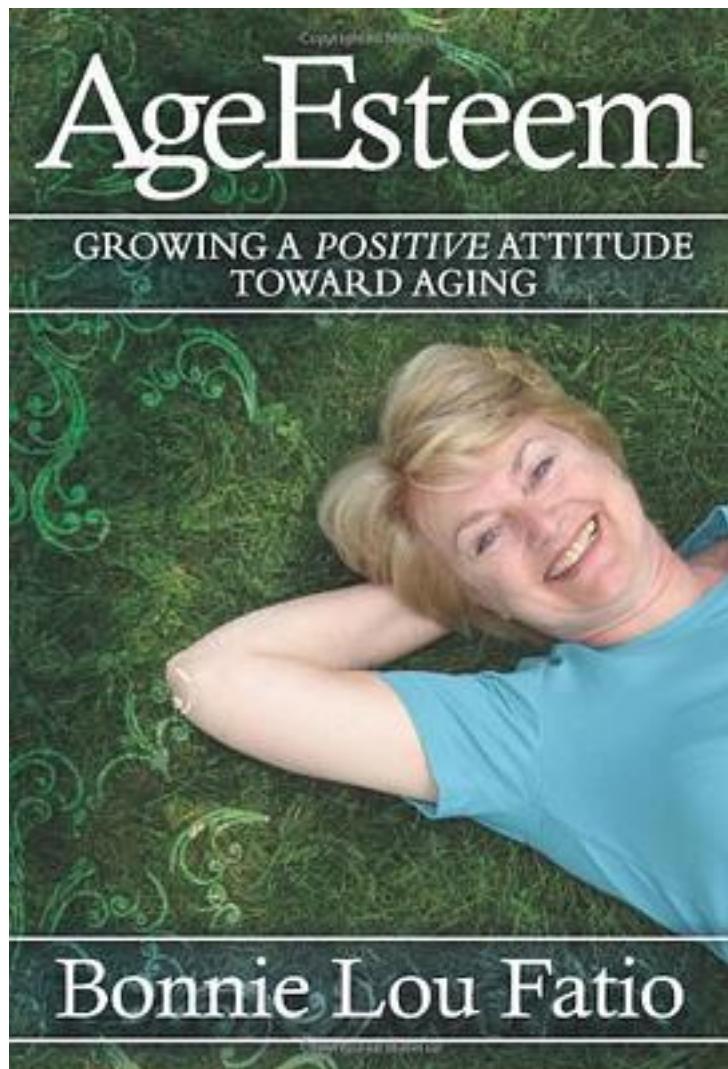


AgeEsteem



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A great elixir to feel happy and healthy is to live your age with passion and purpose. The beauty and excitement for life that we associate with youth exudes from within. This same zest for living also keeps the rest of us attractive and dynamic. It's not a question of age but of age-esteem. How we feel about ourselves in relation to our age governs our well being. Living with passion and purpose promotes both quality and longevity. Bonnie Fatio provokes a positive image of age being synonymous with confidence and self-esteem. Threading inspirational real life vignettes, examples of people who model age-esteem, humor and facts she shares the Secrets of AgeEsteem and challenges you to take action.

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