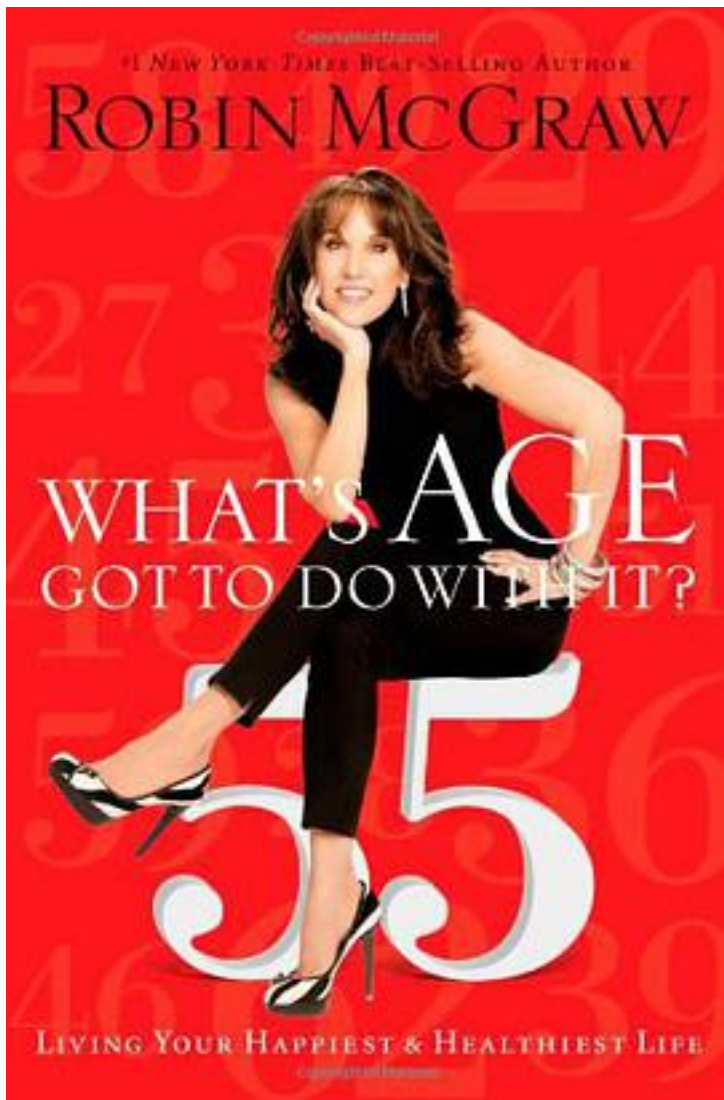


What's Age Got to Do with It?



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著者:McGraw, Robin

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UL LI"I'm 42-years-old, but feel like I'm 62." /LI LI"I have lost my glow." /LI LI"I miss the woman I used to be." /LI LI"I'm so afraid of getting older." /LI LI"I want to feel healthy and alive again" /LI /UL If you've had these or similar thoughts, you're 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 Robin's 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, didn't 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 it's 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 it's time to move yourself to the "top" of your list of priorities. If you can't 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. It's never too early to start taking care of yourself, but it's also never, ever too late."

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