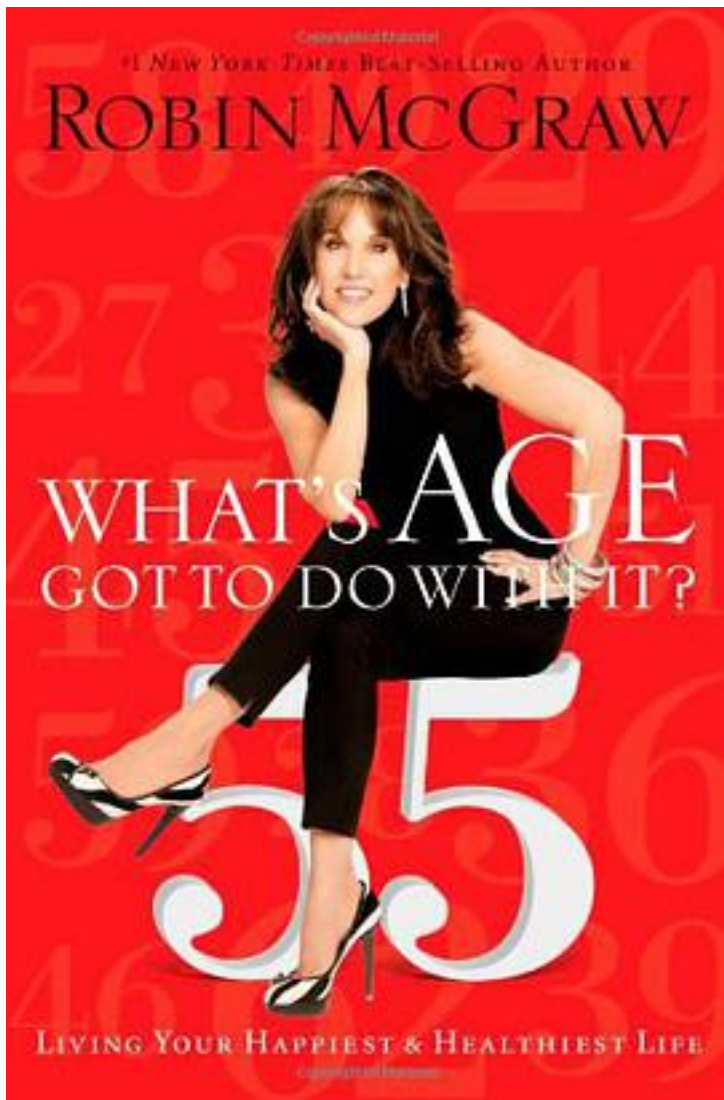


What's Age Got to Do with It?



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What's age got to do with it? Absolutely nothing When Robin McGraw appears with her husband, Dr. Phil, on his nationally syndicated talk show, viewers of all ages write her to ask how she looks so fabulous at the age of 55. In "What'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. Robin says, "To me, aging gracefully isn't accepting what age 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." Also included: Printable PDF material of Robin McGraw's tips on nutrition, fitness and cosmetic brands.

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目录:

[What's Age Got to Do with It? 下载链接1](#)

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