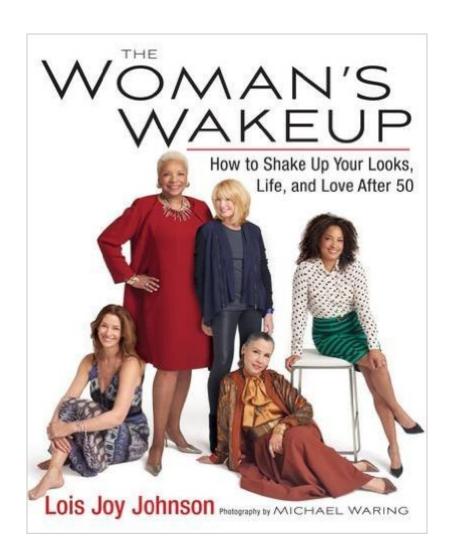
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The Woman's Wakeup: How To Shake Up Your Looks, Life, And Love After 50





Synopsis

Women know from experience that what it means to be independent, adventurous, successful, and sexy changes over time to fit new mindsets, roles, and lifestyles. Whether navigating the landscape of a new career path, dating again in a digital age, or in need of a beauty and fashion overhaul, award-winning journalist and author Lois Joy Johnson has the fix for women 50+. The Womanâ ™s Wakeup is a user-friendly, inspirational guide that provides firsthand advice for women on everything from dating (again!) to being a glam grandmother, reviving a wardrobe, making friends in a new town, working in a new environment, and figuring out how to stand out in a youth-obsessed world. Filled with Johnsonâ ™s expert tips—as well as interviews with medical professionals and women 50+ of various walks of life who have been there, done that, and are still on the road to adventure—The Womanâ ™s Wakeup will inspire you to feel more confident, stylish, and evolved than ever.

Book Information

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Average Customer Review: 4.4 out of 5 stars Â See all reviews (5 customer reviews)

Best Sellers Rank: #141,762 in Books (See Top 100 in Books) #19 in Books > Health, Fitness &

Dieting > Aging > Beauty, Grooming & Style #3495 in Books > Self-Help > Personal

Transformation

Customer Reviews

This book was a compilation of little tidbits of very basic information causing it to read more like paragraphs grabbed from magazine articles. And seriously, not all mature women travel in circles of publishers, entrepreneurs, models and such. I've enjoyed her previous books, however, after this disappointment, I will be reluctant to purchase any more of her books.

I'm always looking and finding books for women over the age of 50.....as I want to stay on course, look up-to-date and continue to age gracefully! I enjoyed this book. And loved how the author

incorporated input from so many of her friends. Realistic challenges, goals, dreams....how nice to have their in-put on so many subjects that will present themselves to us as we age. I continue to go back and read sections in the book again and again. I have always liked Lois Joy Johnson's books...and I'm happy to say this one is another good one to add to the collection!

Fun read and encouraging to anyone who wants to embrace their life at any age

I have recently turned 50, and this book really hit home. With the help of this book, I can age BEAUTIFULLY!

Good book!

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The Woman's Wakeup: How to Shake Up Your Looks, Life, and Love After 50 Shake Your Soul-Song!: A Woman's Guide To Self-Empowerment Through The Art Of Self-Pleasure (Volume 1) The Land Looks After Us: A History of Native American Religion (Religion in American Life) DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs -Life After Death? Series Book 1) Peak Performance Shake and Juice Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner Shake, Stir, Pour-Fresh Homegrown Cocktails: Make Syrups, Mixers, Infused Spirits, and Bitters with Farm-Fresh Ingredients-50 Original Recipes Never Shake Hands with a War Criminal After Effects for Flash / Flash for After Effects: Dynamic Animation and Video with Adobe After Effects CS4 and Adobe Flash CS4 Professional The Woman I Love: Surviving, Healing and Thriving After a Childhood of Sexual, Emotional and Physical Abuse Peacemaking: How to Be It, How to Do It - A Buddhist Priest Looks at Anger and Its Control as the Key to Being One with Our World Mr. Hogan, the Man I Knew: An LPGA Player Looks Back on an Amazing Friendship and Lessons She Learned from Golf's Greatest Legend How Dogs Think: What the World Looks Like to Them and Why They Act the Way They Do Just Junk: New Looks for Old Furniture The Dog: The Password Organizer Log That Looks Like a Regular Book (Hidden in Plain View) (Volume 6) Vintage Face: Period Looks from the 20s, 30s, 40s, & 50s What Happiness Looks Like (Sisters Series Book 2) Orientations: An Anthology of European Travel Writing on Europe (East Looks West) A Rabbi Looks at Jesus' Parables On the Map: A Mind-Expanding Exploration of the Way the World Looks Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating)

