



## The Tao of Turning Fifty: What Every Woman in Her Forties Needs to Know (Paperback)

By Jennifer Boire

Createspace, United States, 2012. Paperback. Book Condition: New. 252 x 176 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Tao of Turning Fifty, What Every Woman in her Forties Needs to Know is a workbook for women to help chart their mid-life journey. Jennifer Boire, a writing coach and retreat leader, addresses women who feel overwhelmed and at mid-life. With gentle humour, Boire offers insight on matters such as Feeling like You're Going Crazy, Finding Time Alone, Learning How to Say No and Where Did my Libido Go, along with relaxation exercises and tips to develop better self-care habits. Don't wait for a breakdown, a broken leg or a break-up to thrust you into self-care mode. Treat your Self with tenderness and compassion. It becomes imperative for women at mid-life to listen to their intuition, to express how they feel, and be true to themselves.

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