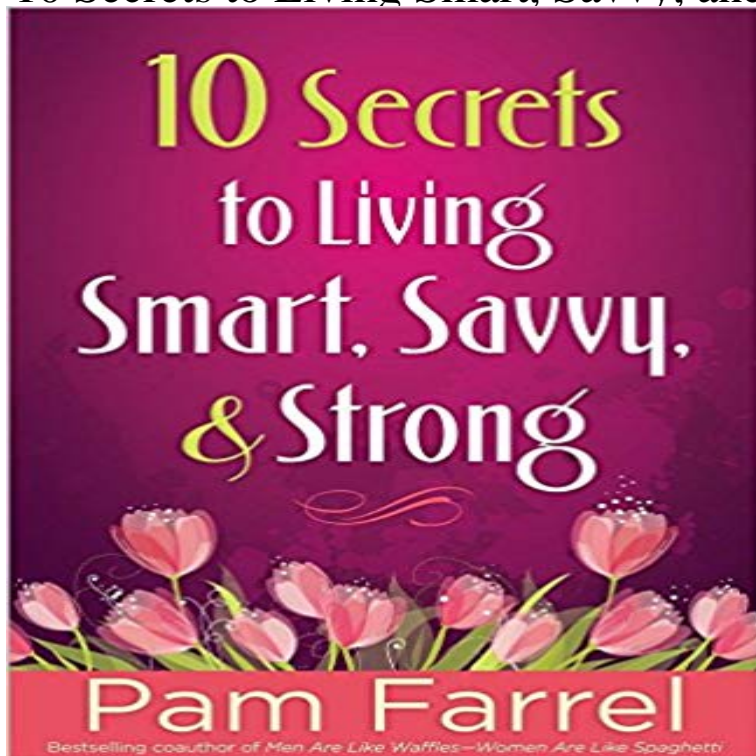


10 Secrets to Living Smart, Savvy, and Strong



Pam Farrel points the way for women in midlife to live smart, savvy, and strong during this exciting and demanding season. Insights on relationships, health, menopause, finances, and more are infused with biblical wisdom and loads of humor. Readers will discover how to trust God in more fulfilling ways with life-impacting decisions. Be at peace with new physical, mental, and emotional changes. Benefit from diet, exercise, and relationships to maximize midlife and beyond. Designed for personal use or group study, *10 Secrets to Living Smart, Savvy, and Strong* will empower those baby-boomer women who seek life-enhancing wisdom to get the most out of this time of their lives. Rerelease of *Fantastic After 40!*

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