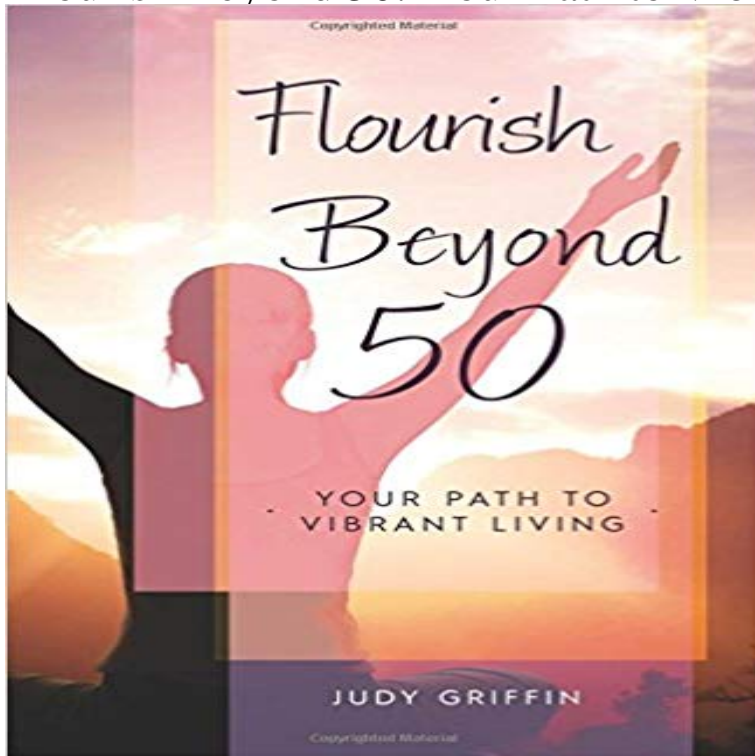


Flourish Beyond 50: Your Path to Vibrant Living



Flourish Beyond 50 offers a refreshing new way to honor yourself. It celebrates women and especially speaks to those at a turning point or approaching a milestone year in their lives. The author gently calls on you to nourish the corners of your life by reflecting on your choices, your dreams, your desires and your well-being. Each chapter explores a theme of vibrant living. You'll find: Encouragement Guidance Flourish action steps Scrumptious recipes Inspiring stories from real women An opportunity for self-reflection with thought-provoking prompts to navigate your way. You'll be inspired to: Nurture yourself to cultivate a zest for life.

Discover what nourishes your body, heart, and soul. Reclaim your youthful playfulness, curiosity, and vitality. Blossom with renewed passion and verve. Fuel your Fountain of youth. Dance through your life with ease, grace, and confidence knowing that you are just getting started. This is your time to embrace the gifts and the blessings each year offers and FLOURISH

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