



Gracefully: Looking and Being Your Best at Any Age

Valerie Ramsey, Heather Hummel

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Discover the Art of Aging Gracefully

At age sixty-eight, cover model Valerie Ramsey is the new face of beauty. She has appeared in magazines and ad campaigns and on runways and television. Now, in her wonderfully inspiring new book, Valerie shares a lifetime of hard-earned wisdom, insider secrets, and practical advice on how to look and feel your best--inside and out--at any age.

Gracefully includes:

- Proven nutrition secrets for staying slim and healthy
- Professional beauty tips for looking your best
- Personal visualizations for living your dreams
- Positive workouts for your body, mind, and soul

"*Gracefully* is simply wonderful. Valerie Ramsey is living proof that being older than fifty can be exciting, healthy, and sexy."

--Christiane Northrup, M.D., author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom*

"Valerie Ramsey is the new face, style, and attitude of aging. In *Gracefully* she inspires us to bring out the best in ourselves--physically, mentally, and spiritually--in order to make the fifty-plus years the best years of our lives. A terrific, uplifting, and informative book."

--Ken Dychtwald, Ph.D., president and CEO of Age Wave and author of *Bodymind*, *Healthy Aging*, *The Age Wave*, and *The Power Years*

"I like the snappy way this gal thinks. She sends out a powerful message!"

--Rue McClanahan, Emmy Award-winning actress and author of *My First Five Husbands . . . and The Ones Who Got Away*

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From reader reviews:

Patricia Whitmore:

The event that you get from Gracefully: Looking and Being Your Best at Any Age could be the more deep you looking the information that hide inside the words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but Gracefully: Looking and Being Your Best at Any Age giving you thrill feeling of reading. The article author conveys their point in a number of way that can be understood by means of anyone who read that because the author of this guide is well-known enough. This book also makes your vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this Gracefully: Looking and Being Your Best at Any Age instantly.

Jackie Lafond:

Reading a book tends to be new life style within this era globalization. With studying you can get a lot of information which will give you benefit in your life. With book everyone in this world may share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their own reader with their story or maybe their experience. Not only the storyplot that share in the guides. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors these days always try to improve their proficiency in writing, they also doing some investigation before they write to the book. One of them is this Gracefully: Looking and Being Your Best at Any Age.

Susan Larabee:

What is your hobby? Have you heard this question when you got students? We believe that that problem was given by teacher for their students. Many kinds of hobby, Everyone has different hobby. And you know that little person just like reading or as examining become their hobby. You need to know that reading is very important as well as book as to be the thing. Book is important thing to add you knowledge, except your personal teacher or lecturer. You discover good news or update in relation to something by book. Different categories of books that can you go onto be your object. One of them is Gracefully: Looking and Being Your Best at Any Age.

William Johnson:

Many people said that they feel bored stiff when they reading a reserve. They are directly felt the item when they get a half parts of the book. You can choose typically the book Gracefully: Looking and Being Your Best at Any Age to make your current reading is interesting. Your current skill of reading ability is developing when you including reading. Try to choose simple book to make you enjoy to learn it and mingle the sensation about book and examining especially. It is to be initial opinion for you to like to wide open a book and read it. Beside that the reserve Gracefully: Looking and Being Your Best at Any Age can to be a

newly purchased friend when you're experience alone and confuse with the information must you're doing of the time.

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