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Health & Fitness

Feel Nifty After 50! Top Tips to Help Women Grow Young!
Jo Peddicord
Golden Aspen Publishing
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In her dedication, Peddicord writes, “This book is dedicated to all women everywhere who realize life is what we make it. Despite heartbreaking experiences and trauma, they eternally make roses grow out of ashes and reach for the stars.” With a combination of conventional wisdom and drill sergeant aggression, Peddicord could make even the most self-deprecating woman feel as if she could conquer Planet Age.

Peddicord’s last book, Look Like a Winner After 50, focused on helping women maintain a confident, healthy attitude toward their appearance. This work touches on those tips, but expands the subject matter to encompass all aspects of self-acceptance. Included are the author’s thoughts from her syndicated column on beauty, nutrition advice, exercise recommendations and long passages of sunny self-help tips. With checklists, Q & As, short paragraphs and perky illustrations, the book’s format allows for a great deal of information to be presented in a digestible and fluent manner.

Although much of what she writes seems like it has been said far too many times, Peddicord’s radiant attitude about herself and her hope for other women to feel the same raises the book from the level of mere affirmation to the plane of true utility. Her writing style is flourish-free and colloquial, giving one the feeling that these are the jottings of a jazzy mom who wisely advises without an ounce of preaching. Women over fifty, and those below that age as well, will benefit from Peddicord’s roses and stars.

Elizabeth Millard