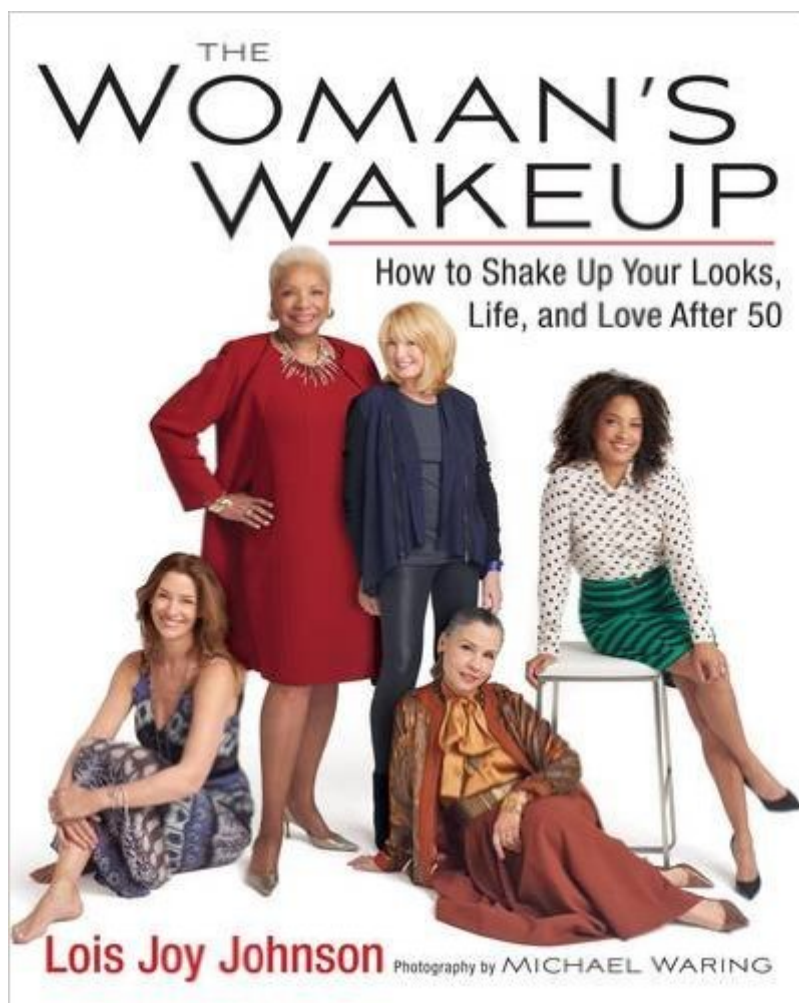


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# The Woman's Wakeup: How To Shake Up Your Looks, Life, And Love After 50



## Synopsis

Women know from experience that what it means to be independent, adventurous, successful, and sexy changes over time to fit new mindsets, roles, and lifestyles. Whether navigating the landscape of a new career path, dating again in a digital age, or in need of a beauty and fashion overhaul, award-winning journalist and author Lois Joy Johnson has the fix for women 50+. *The Woman's Wakeup* is a user-friendly, inspirational guide that provides firsthand advice for women on everything from dating (again!) to being a glam grandmother, reviving a wardrobe, making friends in a new town, working in a new environment, and figuring out how to stand out in a youth-obsessed world. Filled with Johnson's expert tips—as well as interviews with medical professionals and women 50+ of various walks of life who have been there, done that, and are still on the road to adventure; *The Woman's Wakeup* will inspire you to feel more confident, stylish, and evolved than ever.

## Book Information

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Average Customer Review: 4.4 out of 5 stars — See all reviews (5 customer reviews)

Best Sellers Rank: #141,762 in Books (See Top 100 in Books) #19 in Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #3495 in Books > Self-Help > Personal Transformation

## Customer Reviews

This book was a compilation of little tidbits of very basic information causing it to read more like paragraphs grabbed from magazine articles. And seriously, not all mature women travel in circles of publishers, entrepreneurs, models and such. I've enjoyed her previous books, however, after this disappointment, I will be reluctant to purchase any more of her books.

I'm always looking and finding books for women over the age of 50.....as I want to stay on course, look up-to-date and continue to age gracefully! I enjoyed this book. And loved how the author

incorporated input from so many of her friends. Realistic challenges, goals, dreams....how nice to have their in-put on so many subjects that will present themselves to us as we age. I continue to go back and read sections in the book again and again. I have always liked Lois Joy Johnson's books...and I'm happy to say this one is another good one to add to the collection!

Fun read and encouraging to anyone who wants to embrace their life at any age

I have recently turned 50, and this book really hit home. With the help of this book, I can age BEAUTIFULLY!

Good book!

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