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Sexy, Fit & Fab At Any Age!: Say Yes To Your Natural Beauty While Being Funny, Healthy, Sexy And Inspired



Synopsis

This book was written to help you uncover the eight keys to being Sexy, Fit & Fab at Any Age! It's intended to support you in exploring your inner beauty while watching your confidence increase. Anyone can have it all. Are you ready? The first key is Spirit – exploring faith, gratitude, and inspiration. The second key is Nutrition – enjoying whole foods, hydration, and support. The third key is Exercise – getting physically fit, active, and being in nature. The fourth key is Education – earn a degree, read books, and use your brain. The fifth key is Passion – follow your passion or purpose, career, and hobbies. The sixth key is Personality – embracing your uniqueness, having a positive attitude, and a sense of humor. The seventh key is Grooming – personal appearance including skin, hair, makeup, clothes and fashion. Next we'll explore Sex Appeal – confidence, inner beauty and balance; what is sex appeal and how to get more of it, and having passion for life.

Book Information

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Customer Reviews

Susie Augustin is a Beauty Expert with over fifteen years experience in the health and beauty industry. She is an author, speaker, educator, publisher, columnist, marketing copywriter and branding specialist. She studied theatre, acting and improv for ten years and is very comfortable in front of an audience. Susie has been a featured speaker at numerous workshops, with topics such as skincare, health, beauty, sex appeal, confidence building, writing and publishing. Having worked at some of the world's most well-known and top rated beauty companies, she's

motivated thousands of women to look and feel their best, to embrace their sex appeal and to live a healthy lifestyle. Susie shares her own stories and challenges to inspire women to develop their essences, exude confidence, embrace their true selves and feel extraordinary.

What a wonderful, fun and inspiring book. It is easy to read with life-changing tips for women at any age. This book beautifully illustrates how sexy is truly a reflection of inner beauty. Lot's of quotes from the book that I love but my favorite is: "When someone has the balance of mind, body and spirit they exude an inner confidence that is magnetic and very attractive...People want to be around others that are uniquely charismatic, with an inner beauty that radiates from them". I'm buying a copy for all the women in my life!

such an extraordinarily motivating book. This boosted my self esteem and helped me love myself more; Kim Somers Egelsee; #1 best selling author of Getting Your Life to a ten +

i just finished reading this book and am going to buy 5 more to give to my girlfriends! i love that it was easy to read with a little bit of humor and vulnerability but full of beautiful wisdoms. All the tips and tools from each chapter were great reminders and inspiration.

I love when I can read a book that speaks to beauty without making me feel that I need to change myself to fit in and look good just for the sake of looking good. This book inspires women to be all that they can be - full, beautiful, authentic - because being and honoring yourself is sexy. Susie takes us on a journey of recognizing our own natural beauty and using it to shine our sexiness and love every curve and inch of the woman we are.

What a great book! This book gives so many valuable ideas and tools to help "YOU", uncover your Sexy, Fit and Fab at any age. The book is easy to read with a lot of great information. I am glad I purchased this book and will recommend it to all my family and friends.

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Sexy, Fit & Fab Sirens: A Sexy Collaboration of Fabulous Women Sharing Their Secrets to Success
JOKES : Best Jokes And Funny Short Stories (Jokes, Best Jokes, Funny Jokes, Funny Short Stories, Funny Books, Collection of Jokes, Jokes For Adults)
Boundaries: When to Say Yes, How to Say No to Take Control of Your Life
Boundaries: When to Say Yes, When to Say No-To

Take Control of Your Life [Miniature Edition] (Inspirio/Zondervan Miniature Editions) Boundaries Workbook: When to Say Yes When to Say No To Take Control of Your Life Boundaries with Kids: When to Say Yes, When to Say No, to Help Your Children Gain Control of Their Lives Boundaries: When To Say Yes, How to Say No Boundaries with Teens: When to Say Yes, How to Say No Boundaries with Kids: When to Say Yes, How to Say No Memes: Funny Memes For Crafty Miners: (100% Unofficial Minecraft-inspired Memes & Jokes - Oh Yes Please!) Funny Jokes: Funny Jokes and Riddles for Kids: Funny Jokes, Stories and Riddles, Book 5 Funny Fish Jokes for Kids: Funny and Hilarious Fish Jokes for Kids (Funny and Hilarious Joke Books for Children) Memes: Google Autofill Fails and Other Funny Memes: (Search Engine Madness, Funny Books, Funny Jokes, Memes XL, Memes 2017) Best Funny Stories: Best Funny Stories for Adults: Funny Jokes, Stories & Riddles, Book 3 Memes: Cat Memes: (Funny MEMES Featuring Hilarious Cattos! Funny Jokes & Funny Stuff) Memes: Classical Art Funny Memes - Ultimate Dank funny Classic Memes - OMG So Funny Folks! Memes: Dank Memes For Legends: (Funny Memes That Are SO Funny - Good Funny Jokes) Memes: WhatsApp Fails & Funny Memes: (Text Fails, Funny Jokes, Funny Books, Joke Books, Best Jokes XL) TROLL: Memes: Epic Fails & Funny Memes Book: (Dank Memes, Funny Jokes, Funny Books, Riddle, Jokes, Quotes, So Dank, Best Laughs, Free Spirited, Ultimate XL, Farting For Life]

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