



Over 40 Fit and Fab

Jude Luttrell

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Over 40 Fit and Fab Jude Luttrell

Jude Luttrell's *Over 40 Fit and Fab* is a modern woman's guide to finding her way through the inevitable trials, challenges, transitions and wonders associated with attaining that badge of honor known as middle age. This fun, no-nonsense book takes you on a journey from the physical to mental to spiritual well being that is sometimes humorous, sometimes moving, always honest and inspiring. Drawn from her own personal experiences with everything from menopause to breast cancer to the horrors of cellulite, Jude holds nothing back as she gives the reader a window into the sometimes unsettling and confusing emotions that can accompany a woman's growth and evolution into this new phase of life. *Over 40 Fit & Fab* lays out a path to taking responsibility for your past and setting intentions for your future life. Packed with helpful tips, suggestions, affirmations and a heap of advice based on her own mistakes, discoveries and triumphs, this book is a must-read for any woman who is afraid that along with her thirties, she's left the best years of her life behind her. *Over 40 Fit & Fab* is your key to designing the life you've always dreamed of.

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