



## Heading South?: The Style Bible for Women Over 40 (Paperback)

By Sue Donnelly

Rethink Press, United Kingdom, 2006. Paperback. Book Condition: New. 202 x 126 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Forget Gravity! Look and Feel Fabulous Whatever Your Size or Shape I don't know about you, but when I look in the mirror these days it's always a bit of a shock. What's happened to my body? The bags under my eyes could easily hold the weekly supermarket shopping. My bottom is desperately trying to reach my knees and I have a roll of flesh round my middle that would come in handy if I happened to be drowning. I'm also pretty sure I have cellulite, but I'd need to pop my specs on to make absolutely certain! As we get a little bit older and wiser it seems that gravity begins to take its toll and more and more of our body parts start to head south. But you no longer have to take it lying down! In this book I'll share a few tricks of the trade on clothing, makeup, hair and accessories you can use to look your sensational self without endless dieting or resorting to the...



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### Reviews

*It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication by which in fact changed me, changed the way I think.*

-- **Lucinda Stiedemann**

*Extremely helpful for all classes of people. It is probably the most incredible ebook I actually have gone through. I discovered this publication from my dad and I recommended this ebook to discover.*

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