



## The Second Half of Your Life

By Jill Shaw Ruddock

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Second Half of Your Life, Jill Shaw Ruddock, This is a new edition - completely revised and updated with new chapters added. The Second Half of Your Life is a ground breaking book which offers advice and answers to women in the second half of their life. Using the hormonal changes that occur around menopause as a springboard to transition from a woman's reproductive years to her self-productive years, Shaw Ruddock gives positive, life-affirming guidance on how to make the second half of life, the best half. Drawing on extensive experience, research and interviews, Jill Shaw Ruddock explores what can hold women back at this important stage in their lives, and how to harness the new-found focus this stage in life brings i.e. the rest of your life. This revised and updated edition (including The Science of Hormones and the new chapter, Looking Your Best without Plastic Surgery) will inspire women to rethink what it means to grow older. The book has been heralded as 'one of the most important women's books for a decade', 'ground-breaking', 'inspirational' and 'the manual for women in the second half of their life'. Providing practical...



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