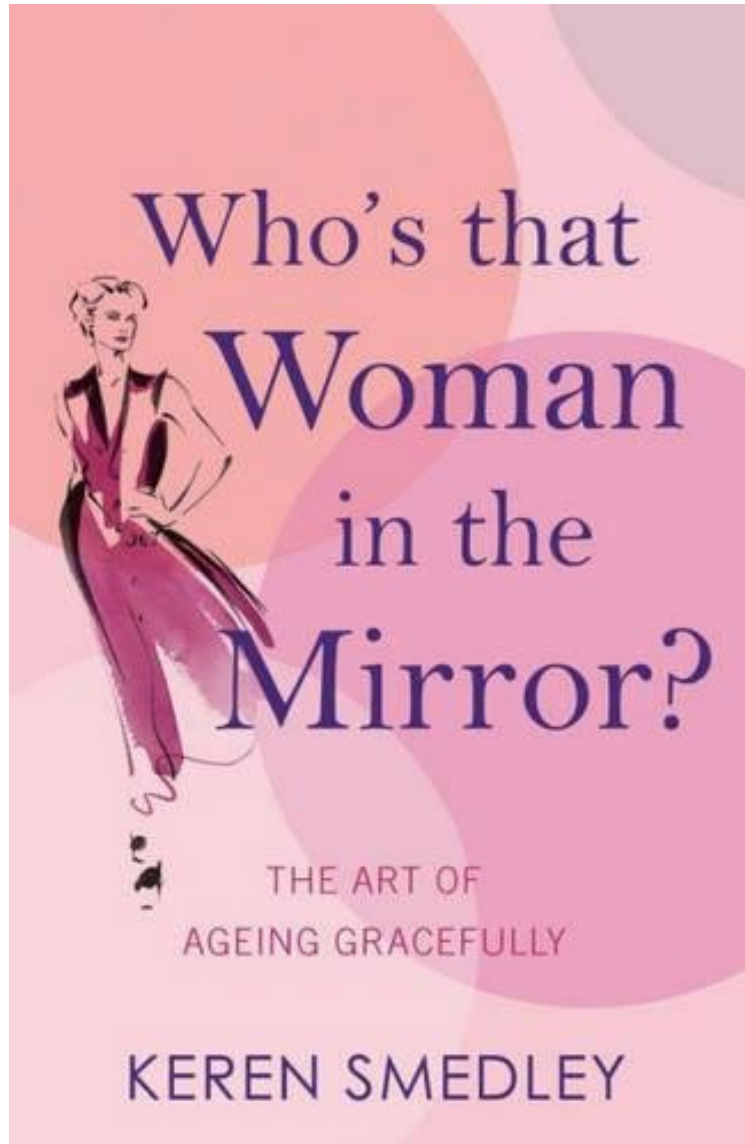


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## Who's That Woman in the Mirror?

*Karen Smedley*

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'Age is irrelevant, unless you happen to be a bottle of wine' Joan Collins Keren Smedley is passionate about altering outdated stereotypes about age and helping people to change their beliefs and attitudes to ageing. As a professional life coach - for Saga among other organizations - she has been asked every kind of question you could imagine, and some you couldn't, about the uncertainties and problems of today's baby boomer. Whether it's about sexuality, money, relationships, health, friends, planning for the future, the best selection of those questions is contained here in WHO'S THAT WOMAN IN THE MIRROR? You will be impressed by the wisdom of the answers - and the endless variety of the questions. Like an extended problem page for baby boomers, this book will inform as it entertains.

"Age is irrelevant, unless you happen to be a bottle of wine." Joan Collins