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LOOKING GOOD FEELING GREAT LADIES 50 AND OVER

The Guide to Optimal Health for Women 50 and Older



Ladies, if you're 50 or older, this book is the ultimate guide for you.

LOOKING GOOD FEELING GREAT LADIES 50 AND OVER is packed full of suggestions and helpful tips to inspire, motivate and help you gain control over the next chapter of your life.

Author Nina Bagnall has written a book that covers everything from diet to alleviating stress. Do you feel bloated or lethargic? Are you suffering from sleep loss? Do you find yourself sad or depressed for no reason? Nina provides the best, up-to-date information on how to stop lamenting over your age and start living life to its fullest. Her positive approach will have you celebrating what just may be the best time of your life.

Nina gives advice on the foods that you should eat and the ones to avoid. Need a new exercise plan? Nina's energizing and fun workout will have you motivated to move. Not happy with your physical appearance? Through research and personal experience, she's included fantastic tips to smooth and take care of your skin so that the youthful glow you thought you'd lost is possible again. If you need to relax, Nina's simple meditation practice will help you alleviate everyday stressors.

Take charge of your life—the time is now. **LOOKING GOOD FEELING GREAT LADIES 50 AND OVER** will guide you on a journey to be the best you can be. You'll wonder how you ever got along without it.

Publisher's website: <http://www.eloquentbooks.com/LookingGoodFeelingGreatLadies50AndOver.html>

About the Author:

Nina Bagnall was a commercial business professional and is now a writer. She grew up in England and now spends several months of the year with her husband Gary on the Costa Blanca. She has two daughters. Ms. Bagnall is currently working on her second book, a children's adventure narrative. **LOOKING GOOD FEELING GREAT LADIES 50 AND OVER** is her first book.



For media inquiries, appearances, or other publicity — please contact:

Ellen Green — PressManager@aegpublishinggroup.com

AEG Publishing Group, Inc.

845 Third Avenue, 6th floor-6016 – New York, NY 10022

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