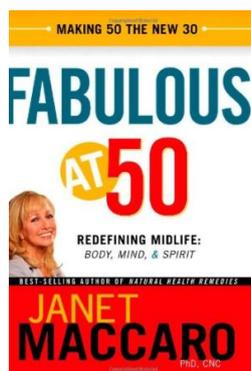


## Fabulous at 50: Redefining midlife: body, mind and spirit



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### Book Review

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