



Gracefully: Looking and Being Your Best at Any Age

Valerie Ramsey, Heather Hummel

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Discover the Art of Aging Gracefully

At age sixty-eight, cover model Valerie Ramsey is the new face of beauty. She has appeared in magazines and ad campaigns and on runways and television. Now, in her wonderfully inspiring new book, Valerie shares a lifetime of hard-earned wisdom, insider secrets, and practical advice on how to look and feel your best--inside and out--at any age.

Gracefully includes:

- Proven nutrition secrets for staying slim and healthy
- Professional beauty tips for looking your best
- Personal visualizations for living your dreams
- Positive workouts for your body, mind, and soul

"*Gracefully* is simply wonderful. Valerie Ramsey is living proof that being older than fifty can be exciting, healthy, and sexy."

--Christiane Northrup, M.D., author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom*

"Valerie Ramsey is the new face, style, and attitude of aging. In *Gracefully* she inspires us to bring out the best in ourselves--physically, mentally, and spiritually--in order to make the fifty-plus years the best years of our lives. A terrific, uplifting, and informative book."

--Ken Dychtwald, Ph.D., president and CEO of Age Wave and author of *Bodymind*, *Healthy Aging*, *The Age Wave*, and *The Power Years*

"I like the snappy way this gal thinks. She sends out a powerful message!"

--Rue McClanahan, Emmy Award-winning actress and author of *My First Five Husbands . . . and The Ones Who Got Away*

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From reader reviews:

Valerie Orbison:

In this 21st centuries, people become competitive in most way. By being competitive now, people have do something to make them survives, being in the middle of typically the crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated the item for a while is reading. That's why, by reading a reserve your ability to survive increase then having chance to remain than other is high. For you who want to start reading the book, we give you this Gracefully: Looking and Being Your Best at Any Age book as starter and daily reading book. Why, because this book is greater than just a book.

Monica Philson:

In this particular era which is the greater person or who has ability to do something more are more valuable than other. Do you want to become certainly one of it? It is just simple way to have that. What you have to do is just spending your time very little but quite enough to experience a look at some books. One of several books in the top checklist in your reading list is actually Gracefully: Looking and Being Your Best at Any Age. This book that is qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking right up and review this book you can get many advantages.

Alejandro Colon:

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