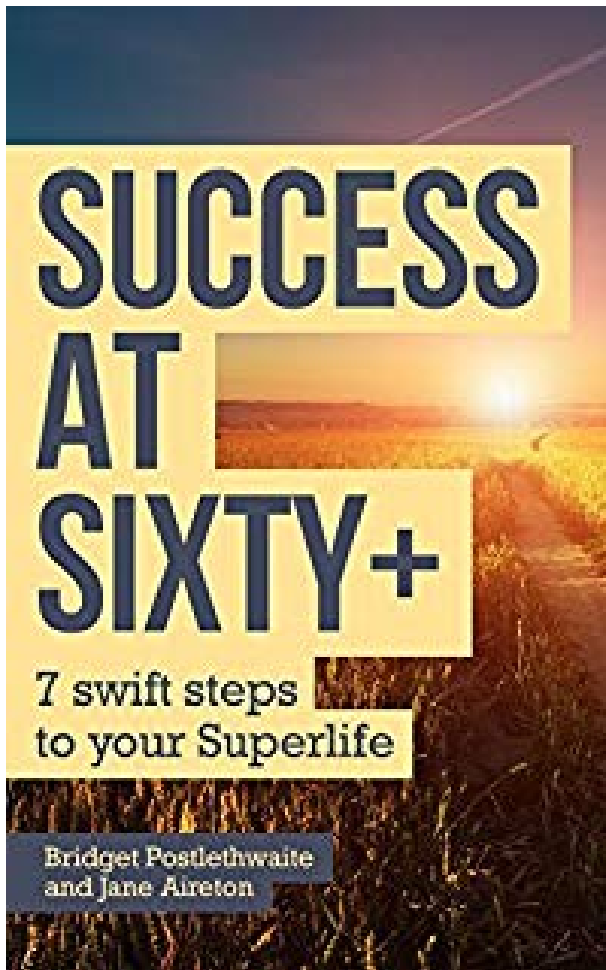


# Work it out in a week:Success at Sixty+: 7 swift steps to your Superlife



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[Work it out in a week:Success at Sixty+: 7 swift steps to your Superlife.pdf](#)

[Work it out in a week:Success at Sixty+: 7 swift steps to your Superlife.epub](#)

For those who are 60+, or will soon be there, Bridget and Jane have laid out a simple 7-step roadmap to success.

Now, as a Superlifer, is your chance to dream and convert those dreams to reality. NOW is the time to banish limiting beliefs that say 'I'm too old/under confident/past it' and dare to be curious, try things on, have a go and in the spirit of 'well what have I got to lose except my boredom', dare to dream, live well and live large and may this book provide there wheres, hows and inspirational gunpowder you need to score all your goals in the second half!