



Women I Want to Grow Old with: Grow Old Together with Courage, Health, and Attitude! (Paperback)

By Diane Gage Lofgren

Createspace, United States, 2012. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.In this enjoyable and informative book, authors Lofgren and Bhola challenge women to list the top three friends they'd call if their lives suddenly fell apart, thereby pointing out that many women may not have the friends they want when they need them the most. Each author had her own profound experience that awakened her to the importance of female friends. Together they spent three years interviewing women about how they build and nurture their friendship circles, and exploring how and why friends contribute so richly to our lives. Their findings and stories will help women realize that friendships are as important to well-being as good health and sound finances-and should never be left to chance. In fact, according to studies: When women hang out with friends, their bodies release the hormone oxytocin, which combats stress and creates calm. Having friends reduces the risk of physical health issues and allows us to more easily recover after the death of a partner. And, women with friends are 26 percent less likely to develop dementia. Knowing the importance of...



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Reviews

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This publication will be worth purchasing. This is for all those who statte there was not a worthy of reading through. I discovered this publication from my dad and i suggested this pdf to find out.

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