

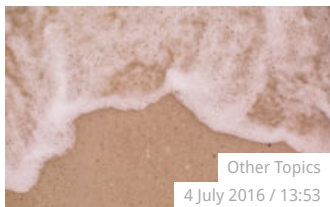
### 5 Bras Every Woman 50+ Should Own

Looking good at any age starts with a bra wardrobe that lets you rock your style with no limits. Go ...



### Not My Monkey, Not My Circus

I have a habit of being almost fanatical about my commitments. If I say I'm going to do something, ...



### “B” stands for “better”

“Fort Clarence as I land!” I messaged my pals, the techie and the yogi. Fort Clarence Beach (in ...



### Success Lessons From Muhammad Ali

Muhammad Ali gave us many lessons for success. Our job is to put them to work! ...



### Planks: The No Crunch, No Head Lifting A...

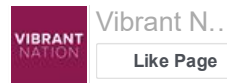
Planks are Great for Women Over 50  
Have you heard you have to hold a long-lever plank for 5 minutes ...



### How To Rock A Summer Look

Three bloggers + three key pieces =  
Three hot looks for summer! ...

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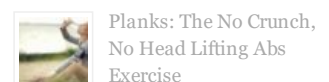
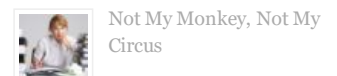
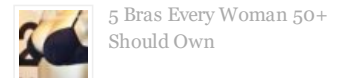
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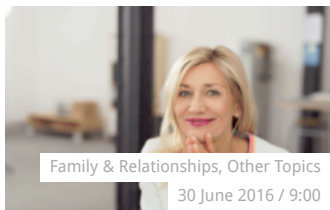
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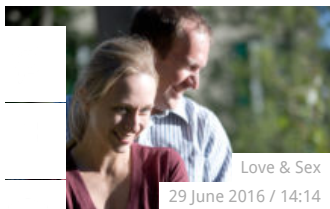
### New Conversations





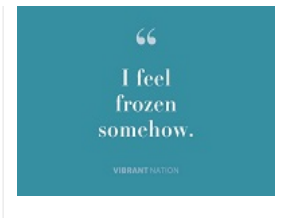
### 7 Things I've Learned About Aging

I became aware of my age, or better said, my mortality, when Joel- my boyfriend from the 1970's di ...



### 5 Places to Meet Singles Over 40

Use these ideas to ensure that you'll already have something in common with new friends you'll make! ...



“B” stands for “better”

See All

### Most Recent Comments



**lisa\_cole** { Hi RocketCityStarbucks In response to your message, your absolutely correct, size, Style and finding the... } – **5 Bras Every Woman 50+ Should Own**



**lisa\_cole** { Thank you Glenda. Yes, it's about the journey that gets you to your best life!... } – **Featured Blogger: Lisa Cole Knows What's Under Your Clothes!**



**lisa\_cole** { Hi there! Yes, there are solutions I recommend for you. When someone goes through weight... } – **5 Bras Every Woman 50+ Should Own**



### You Pushing Men Overboard?

Recently I received a letter from a woman who told me nothing is working in her dating life. ...



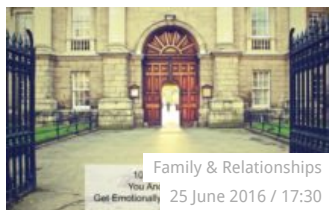
### Styling Tips for Shorter Women

Whether you agree with the terms the fashion industry likes to call you -- Petite, Missy, Plus Size ...



### Straight Talk: Bladder Leakage

This post is sponsored by: While no one wants to talk about it, bladder leakage is a reality for mor ...



### 10 Ways To Get Yourself Ready To Emotion...

I like the commercial where a little girl is sitting behind the wheel of a car, saying “Bye D ...



### What Lies Beneath

You can be in the presence of someone for years and years and not come to fully know them. Sure, we ...



### Summer Survival Guide for the Midlife Wo...

Summer is HERE and hot, humid temperatures are here too. How are you going to survive this summer? H ...



# THINNING HAIR

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