

“No More Little Old Ladies!” Author Blasts Traditional Senior Culture

“Traditional do-nothing retirement at age 65 is nuts. It makes women little old ladies even before they are old.”



“Our way of aging is a crock, says pharmacist Barbara Morris. Little old ladies just don’t happen—and it has nothing to do with how they look. They are the result of traditional decline-oriented thinking and behaviors that start with traditional retirement. We can stop premature deterioration with the simple but highly effective strategies in my book, ***No More Little Old Ladies!***”

“I have a completely unorthodox approach to aging that helps me stay mentally sharp and physically strong,” says Morris, who looks, feels, and functions as she did in her fifties. Watch Barbara on YouTube:

<http://www.youtube.com/watch?v=LdOkkqpiWJU>

Morris says, “Too many retirees end up as inmates in nursing homes sooner than necessary. It doesn’t have to happen.

You have to live long enough to know what keeps you mentally and physically sharp and what doesn’t. **At 79, I know what works!** If all midlife and younger women used my strategies, they could successfully manage and keep many youthful attributes they have right now, far longer than they believe possible.”

Barbara spills some of her anti aging beans:

- How the “Senior Culture Club” promotes premature aging and how to avoid it.
- The ultimate power tool to control and prevent decline that few women know about and books about aging don’t talk about.
- Why planning for post retirement productivity is a major key to staying young.
- New “youth preservation” stages of aging and why every woman must adopt them.

To help women who read ***No More Little Old Ladies!*** reach their goals, Barbara offers a complimentary workbook with purchase. The book website is

<http://www.NoMoreLittleOldLadies.com> email: Barbara@PutOldonHold.com