

*Barbara Morris says, “As time goes on. . .
Girlfriend, it’s not all about how you look. . .”*



It’s about planning your future lifestyle NOW when you are 40-50 so you don’t become a traditional Little Old Lady at 65 and beyond.

It’s about being ready and willing to kick to the curb the traditional decline-oriented senior culture and live how you want to live, not how tradition says you should. You may not be ready for the senior culture yet, but girlfriend, it’s waiting to welcome you into the Club.

It’s knowing how to live a “two thumbs up” full, juicy life while your peers decline and “age gracefully” in “active” retirement communities. (It’s not too soon to plan your strategy –Barbara will tell you what you need to know and do to stay ahead of the game.)

It’s about unleashing your “inner pit bull” to keep you charging ahead. (You will meet Barbara’s inner pit bull–his

name is Rocky. You will also meet his nemesis, Jezebel, who tries to get Barbara to “the finish line” sooner than she wants to get there.)

It’s about preparing NOW, while you still got it goin’ on, to keep the critical youthful goodies you have today. Once you let them go, they are gone!

This is not your typical anti-aging book written by an “expert” who has yet to reach (and thus, understand) old age. It’s written by Barbara Morris, a pharmacist who at 79 (current photo below) knows how to avoid the pitfalls of the aging process. (Barbara tells what works for her and will work for you.)



Barbara Morris is dedicated to helping mid-life and younger women avoid outdated customs, traditions and consensus thinking that make women old before they are old. Join the revolution! Read *No More Little Old Ladies!* NOW.

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