



Run Your Own Race

By Barb Rock

Tate Publishing Company, United States, 2015. Paperback. Book Condition: New. 210 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Don't spend another minute unhappy. It's your time now to move in a new and even more fulfilling direction and control your future happiness. As we age, our bodies, hormones, and lifestyles are changing before our very eyes! As retiring baby boomers are facing more technology, social media, and continuous information demanding our attention, we must reinvent ourselves! As a practicing mental health counselor for Oasis of Hope Center in Tacoma, I realized how menopause and a changing lifestyle with one or both spouses being home every day can directly impact the level of happiness for women. Understanding how our brains naturally function and human tendencies only help us leverage our ability to manage our lives and others around us. This book will alert you to unnecessary obstacles and provide you with perspective and insight on your relationships, obligations, and help you control your thoughts. God wants us to be happy! Run Your Own Race was written to look at all areas of a woman's life after fifty! Each of us is designed...



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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Hermann Marvin PhD**

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-- **Ciara Senger**