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## Daring Dames: : A 5-Step Guide to Wellness

By Jacqueline Gikow

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Using an approach of small steps for improvement, Daring Dames: A 5-Step Guide to Wellness, offers women guidance and tools to transform this new awareness into sustainable lifestyle change and a renewed sense of health and wellness. This 5-step guide can help you: Create more balance in your daily life.

Deepen a sense of personal responsibility for your health. Discover the areas of life you are most motivated to change.

Learn how to use small steps to create sustainable change.

Maximize your innate potentials as a whole person. Daring Dames: A 5-Step Guide to Wellness, is an introduction to my wellness coaching/personal training practice, Audacious-Aging.NYC. I help baby boomers and beyond prolong active and vital lives by taking control of their weight; maintaining healthy bones and brains; keeping their hearts strong and joints flexible as well as letting go of old habits.



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