

Are you a baby boomer? If so, this book is for you. Guided by principles of faith, hope and love, and an “uh-oh” moment of an unhealthy lifestyle, Anita Smitherman Knight journals her course for taking control of her health and other aspects of life. She began by taking steps to reduce 3 major health risks: diabetes, high blood pressure and heart disease and embarked on a mission of finding the courage to change, getting organized and loving everyday of life. This book provides 7 simple solutions for women who want to take the journey of a lifetime, living a healthier and happier life.

Disrupted: My Misadventure in the Start-Up Bubble, Thats A Wrap, Manual of Liability Insurance, Rules and Rates, Everyone Brave is Forgiven, Grafologia científica / Scientific Graphology: Interpretacion del alfabeto y la escritura / Interpretation of the Alphabet and Writing (Spanish Edition), My Siddur 2.0 (A-Full): Transliterated Prayer Book, Hebrew - English with Audio, Selected Weekday, Holiday and Shabbat Prayers (Hebrew Edition), Niyas Alien: Futuristic Scifi Alien Abduction Romance (Dagrinian Love 3), The Hanafi Maturidism: Scholarly Legacy and Development (Monographs in Arabic and Islamic Texts), Loves Little Surprises - Jeremiah and Zora, The Atlanta Jobbank 1995 (Jobbank Series),

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