



Looking Up: Seven Steps for a Healthy & Youthful Midlife and Beyond

Cynthia Olsen

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Looking Up: Seven Steps for a Healthy & Youthful Midlife and Beyond is part resource and part personal testimony. It very effectively tells a story of someone who recognized at a young age, the importance of the mind-body-spirit connection. The insights she shares about her ancestors' health gives the reader motivation to know that we need not be inheritors of poor eating habits, and diseased bodies and spirits. We are in charge of our own experience. *Looking Up* is an IPPY Gold Medal award-winning book. The Independent Book Publishers Association (IBPA) has recognized the book for excellence in independent publishing.

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