



# Exuberant Women Don't Age: No Time to Waste

*Elizabeth Upton*

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## **Exuberant Women Don't Age: No Time to Waste** Elizabeth Upton

While many self-development books have practical advice on self-improvement or bringing about social empowerment, Elizabeth Upton has focused her experience as a wife, marriage counselor, probation officer in New York's Hell's Kitchen, and speaker, into lyrical advice and penetrating questions that will linger with you long after an initial read, and help you find your Exuberant Woman within and the soul-spirit power no other counselor, therapist, or affirmation can bring.

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