



## For Keeps: Women Tell the Truth About Their Bodies, Growing Older, and Acceptance

By Victoria Zackheim

Avalon Publishing Group. Paperback. Book Condition: new. BRAND NEW, For Keeps: Women Tell the Truth About Their Bodies, Growing Older, and Acceptance, Victoria Zackheim, Nearly every aging woman has a complicated relationship with her body. For Keeps, an inspirational collection of personal essays from writers on their ever-changing bodies, will resonate with every maturing woman. Editor Victoria Zackheim brings together women with unique voices who have all struggled, at one time or another, to make peace with the bodies that at times they don't even recognize as their own. From a mastectomy that renewed one woman's lease on life, to the emergence of gray hairs and wrinkles, each woman addresses aging, illness, injury, and life circumstances with humor and grace. These empowering essays explore the many ways that aging can be a positive, revealing transformation; Ultimately, For Keeps challenges every woman to rethink the way she sees her body through various life-altering changes in order to lead a more healthy, satisfying, and productive life. "



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