



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.

Business, Online Radio, Politics and Lifestyle, Blog by Cean Joseph Business, Online Radio, Politics and Lifestyle, Blog by Cean Joseph BLOG RADIO NEWS GOSSIP INTERVIEWS FASHION CELEBRITIES EVENT PHOTO NEWS HOT RELEASES HEALTH BEAUTY UPDATES Man docked for stealing baby beds Man confess how a commercial bus crushed my friend to death A Touching Story that will change your Life Womans Bra Saves her life from Bullet See Red wine Swimming pool in japan How to Cook Chinese Fried Rice How To Cook Efo Riro Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 Singapore Grand Prix, Singapore, Singapore Sep 20th, 2015 The Cascamorras Festival Granada, Spain Sep 6th, 2015 Sep 9th, 2015 MOST POPULAR Countries with the Most Beautiful Women in the World MARCH 25, 2015 1. Brazil Brazil, home to Cynthia Morgan put her hilarious look on the spot MARCH 2, 2015 The dance-hall queen is pictured Nadia Buari Confirms Birth Of Twins MARCH 6, 2015 32-year-old Ghanian actress Nadia Buari Celebrities with Fake Breast MARCH 12, 2015 Christina Aguilera Has lost NEWS Man docked for stealing baby beds Jan 18 2016 BLOG 10 0 Man docked for stealing baby beds One Umotu Haruna, has been docked by a Lagos Magistrates court on the Island for breaking into a warehouse and stole 13 pieces of baby beds worth of N200,000. The 22-years old defendant who has no fixed address and occupation pleaded not guilty to a two-count charge of breaking, entry and theft when he appeared BLOG 18 JAN Man confess how a commercial bus crushed my friend to death Man confess how a commercial bus crushed my friend to death BLOG 21 AUG A Touching Story that will change your Life A Touching Story that will change your Life BLOG 21 AUG Woman's Bra Saves her life from Bullet Womans Bra Saves her life from Bullet SPORT FOOD How to Cook Chinese Fried Rice How to Cook Chinese Fried Rice Aug 21 2015 How To Cook Efo Riro How To Cook Efo Riro AUGUST 21, 2015 Italian Pizza Italian Pizza MARCH 2, 2015 How to cook Nigerian Banga Soup (Ofe Akwu) How to cook Nigerian Banga Soup (Ofe Akwu) MARCH 2, 2015 BEAUTY 10 Tips For Growing Long Natural Hair 10 Tips For Growing Long Natural Hair 36 0 0 How do I get my hair to grow? faster? longer? These are all common questions. Before we talk about any hair tips, its important for you to understand that your hair IS GROWING!!! Apr 11 2015 Top 10 beauty resolutions Top 10 beauty resolutions MARCH 2, 2015 How to keep wrinkles at bay How to keep wrinkles at bay MARCH 2, 2015 EVENTS PHOTO Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 AUGUST 21, 2015 Singapore Grand Prix, Singapore,

Singapore Sep 20th, 2015 Singapore Grand Prix, Singapore, Singapore Sep 20th, 2015 AUGUST 21, 2015 The Cascamorras Festival Granada, Spain Sep 6th, 2015 ĐĐ,â€œ Sep 9th, 2015 The Cascamorras Festival Granada, Spain Sep 6th, 2015 Sep 9th, 2015 AUGUST 21, 2015 SEE THE OFFICIAL PORTRAITS OF BUHARI AND OSINBAJO BEFORE MAY 29 SEE THE OFFICIAL PORTRAITS OF BUHARI AND OSINBAJO BEFORE MAY 29 MAY 19, 2015 VIDEO Sinach ĐĐ,â€œ Nothing Is Impossible : Video RADIO Get the Flash Player to see this player. Shoutcast & Icecast Server 1:32 Windows Media PlayerQuickTimeRealPlayerWinamp FASHION CELEBRITIES Top Nigerian Pastor, Joshua Iginla Dashed Zack Orji, Tope Alabi, Other Celebrities 22 Cars Top Nigerian Pastor, Joshua Iginla Dashed Zack Orji, Tope Alabi, Other Celebrities 22 Cars Dele Momodu Prove cousinĐĐ,â,,çs child for Davido Dele Momodu Prove cousinĐĐ,â,,çs child for Davido T.W.O Launch Their N400m Ikeja Mansion and Fifth Studio Album T.W.O Launch Their N400m Ikeja Mansion and Fifth Studio Album Mike Adenuga clocks 62 Mike Adenuga clocks 62 POPULAR RECENT COMMENT Countries with the Most Beautiful Women in the World Countries with the Most Beautiful Women in the World Cynthia Morgan put her hilarious look on the spot Cynthia Morgan put her hilarious look on the spot Nadia Buari Confirms Birth Of Twins Nadia Buari Confirms Birth Of Twins Celebrities with Fake Breast Celebrities with Fake Breast SEE How Nigerian Sex Workers survive In Italy ĐĐ,â€œ Pictures SEE How Nigerian Sex Workers survive In Italy Pictures Man docked for stealing baby beds Man docked for stealing baby beds Man confess how a commercial bus crushed my friend to death Man confess how a commercial bus crushed my friend to death A Touching Story that will change your Life A Touching Story that will change your Life WomanĐĐ,â,,çs Bra Saves her life from Bullet Womans Bra Saves her life from Bullet See Red wine Swimming pool in japan See Red wine Swimming pool in japan Kidnapers on Rampage Kidnapers on Rampage INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHIĐĐ,â,,çS DEPUTY DECAMPS TO PDP RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHIĐĐ,â,,çS DEPUTY DECAMPS TO PDP Indonesia To Execute Four Nigerians On Wednesday Indonesia To Execute Four Nigerians On Wednesday World Bank charge Buhari to probe NNPC, others World Bank charge Buhari to probe NNPC, others Blog radio is a one stop hub for Breaking News, Celebrity Gossip, Entertainment, Fashion, Sport and Online Radio For adverts, Sponsorship and more information please call:08022881490 TAGS BeautyBlogBusinessentertainmentEventEventsFashionFoodGossipHealthMusicNewsPoliticsSportvideoyoutube Enter your email #NowPlaying @AboderinOdunayo - Not Ashamed Ft @tosinbee #follow - <https://t.co/D4LH1p1ttX> <https://t.co/D4LH1p1ttX> 10 mins ago #NowPlaying @Tayoecless Ft. @kennykore - O'Tobi #follow - <https://t.co/D4LH1p1ttX> <https://t.co/D4LH1p1ttX> 18 mins ago #NowPlaying Joepraize ft Frank Edwards & Nikki Laoye - Strong Together #follow -30 mins ago Facebook Copyright 2015 - Myblog Radio. All Rights Reserved. BlogAbout StatCounter - Free Web Tracker and Counter

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