



## Wear Your Life Well

*Marilyn Henner*

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# Wear Your Life Well

*Marilu Henner*

## **Wear Your Life Well** Marilu Henner

It's not enough just to live—you have to *wear your life well!* Learn how in this inspiring guide from *New York Times* bestselling author and beloved actress Marilu Henner.

Ten years after actress Marilu started her bestselling *Total Health Makeover* series, she's in better shape than ever—at peak health, working with a very active online community at Marilu.com, and celebrating life with her new husband, whom she helped to cure of cancer. Now she's back with an inspiring guide to making your life work for you, whatever your age or condition.

Are you happy? Are you living the life you want, or are you living for other people? Are you guided by your own plans or by the design of others? Do you see your life as a daily grind, or are you eager to face each day and every new challenge? Do you get along well with your family, friends, relatives, and coworkers, or do you harbor anger, resentment, or guilt? Are you working toward a dream, or are you daydreaming about not working? In essence, do you *Wear Your Life Well?*

With the verve of a teenager and the wisdom of a sage, Marilu breaks down all the elements in our lives—our minds, our bodies, and the world around us—that can sabotage our progress, and helps us discover the best in ourselves. She pinpoints the often surprising ways we are compromising our lives and offers smart, sensible, healthy alternatives. And Marilu also includes a Booty Camp Life Blitz—a five-day jumpstart that uses the principles in the book in a very specific, directed way to get you a fresh start on the path to optimal wellness. So whether you need a major life change or simply want fresh ideas on improving your life, let Marilu be your cheerleader, muse, and guide.

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