



## **Sexy Grandma A-Z**

*By Heather Rieder*

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**Sexy Grandma A-Z** By Heather Rieder

It's time to shake up your beliefs about how Grandma looks, acts and thinks. Instead of equating middle age with old, elderly or golden, how about equating it with sexy? Sexy Grandma will give you fun and easy tips on how to embrace being sexy and squash the notion that sexy stops at a certain age. No matter what society says, you hold the power to live a vibrant, healthy life, for as long as you want and that includes feeling sexy. It's not too late. Come join me won't you?

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