



The Woman's Wakeup: How to Shake Up Your Looks, Life, and Love After 50

Lois Joy Johnson

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Women know from experience that what it means to be independent, adventurous, successful, and sexy changes over time to fit new mindsets, roles, and lifestyles. Whether navigating the landscape of a new career path, dating again in a digital age, or in need of a beauty and fashion overhaul, award-winning journalist and author Lois Joy Johnson has the fix for women 50+.

The Woman's Wakeup is a user-friendly, inspirational guide that provides firsthand advice for women on everything from dating (again!) to being a glam grandmother, reviving a wardrobe, making friends in a new town, working in a new environment, and figuring out how to stand out in a youth-obsessed world. Filled with Johnson's expert tips—as well as interviews with medical professionals and women 50+ of various walks of life who have been there, done that, and are still on the road to adventure—*The Woman's Wakeup* will inspire you to feel more confident, stylish, and evolved than ever.

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