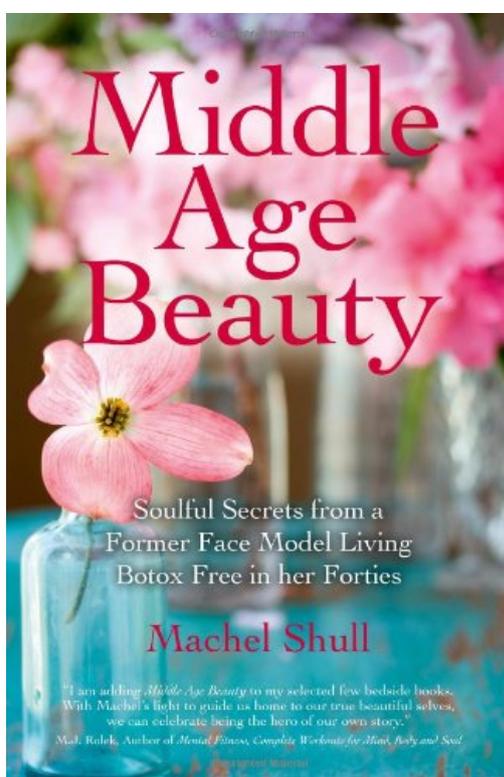


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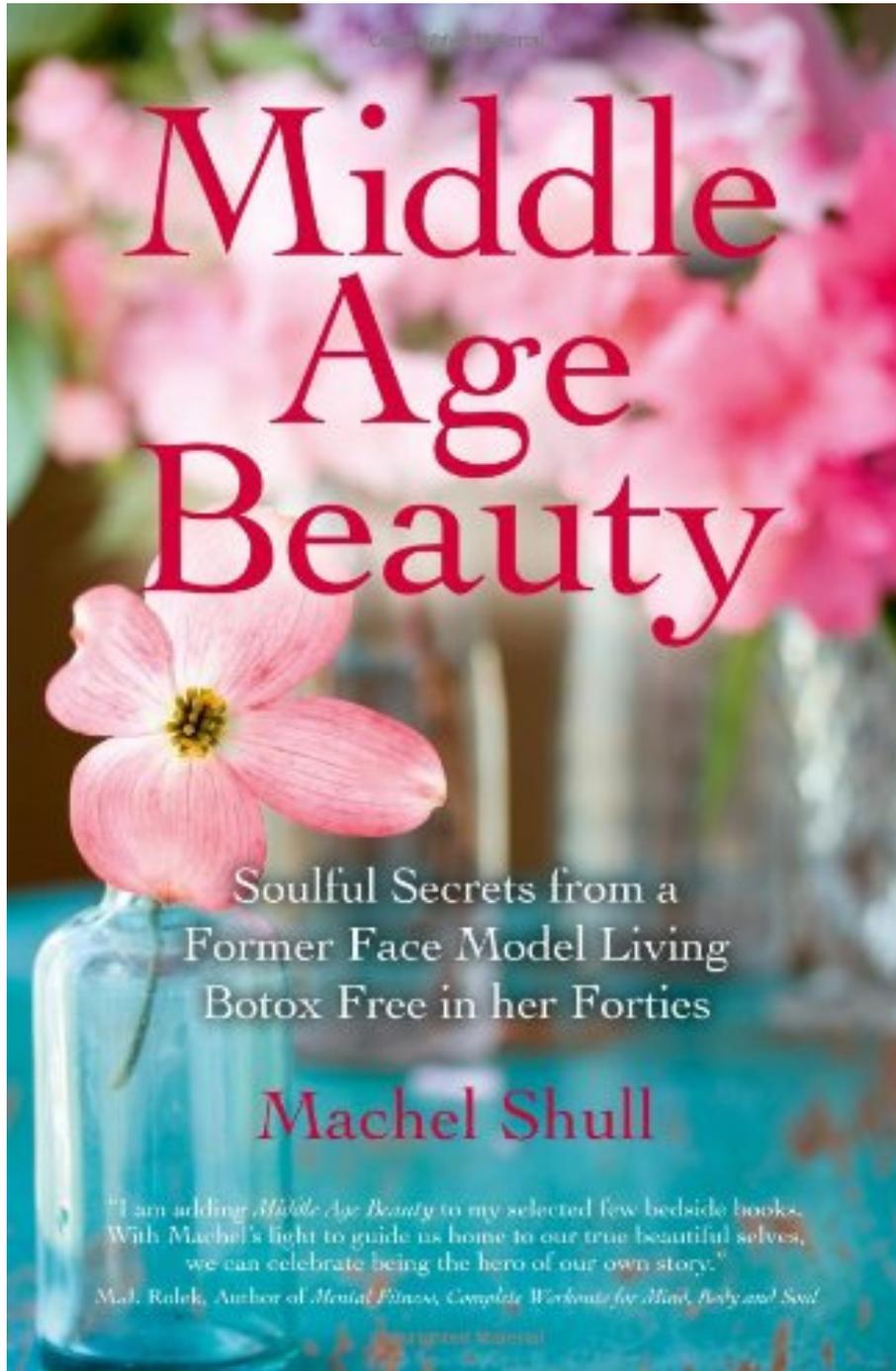
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Review

I am adding MIDDLE AGE BEAUTY to my selected few bedside books. With Machel's light to guide us home to our true beautiful selves, we can celebrate being the hero of our own story. ~ M.J. Rolek, Zen Life Coach and author of Mental Fitness, Complete workouts for Mind, Body and Soul

Machel Shull has compiled a treasure of secrets, insights and practical tips that are both inspiring and instructional. She has artfully drawn from her experience, wisdom, gift of writing, and most of all courage, to create the valuable gift that is a must-read for middle aged women who have ever questioned their true beauty. ~ Dr. Anthony F. Smith, Co-founder and Managing Director of Leadership Research Institute, Bestselling Author and Professor of Leadership

Mrs. Shull shares a wonderful personal account of maintaining a "natural" position of beauty. In an age of new treatments, methods, and synthetics, she sticks to the basics of how using nature is perhaps the best way to preserve physical health and beauty allowing the individual more confidence in themselves. ~ Dr. Keith Kanner, Host/Anchor, Your Family Matters Book & TV/Radio

Middle Age Beauty is wise and kind and deep, and invites the reader to see herself in the most loving and gentle of ways. Machel Shull writes from the heart, sharing her own journey with great generosity. Anyone seeking health and inner peace will love this book.

(Luanne Rice, author of Little Night)

From the Author

Middle Age Beauty confronts the acceptance of face fillers and asks the reader to embrace their soul and health first before using synthetic methods to alter their natural self. Machel states, "I hope to shift the perception of middle age by highlighting the beauty of each individual's unique soul. My ultimate goal is to

bring awareness to the side effects of synthetic facial treatments so women and men of all ages will think twice before going in for a procedure."Dear Reader: I watched with curiosity and speculation about new synthetic methods that were hitting the market to help prevent aging. While many of my acquaintances bragged openly about their face fillers, I began to wonder if I should try this new method, too. (An Affirmative NO.)

In 2011, I crossed over the barrier of the Big-4-0. With great apprehension that I might shrivel up from an expiration date or be called acougar for marrying a younger man, I found out that the view from 40 never looked better.

What was the big fuss about being 40?

Why does it seem as if almost everyone dreads middle age? After fully saying no to any face fillers or plastic surgery tricks, the beginnings of Middle Age Beauty began to percolate in mind. Why was this time frame associated with 'nervous break downs,' affairs, and a time to lie about your age?

After working hard for more than 20 years to keep up my personal appearance because of my early beginnings as a model, I decided to share my inside secrets, vulnerable truthful moments about my own journey into the middle age chapter.

These simple methods will not cost you hundreds of dollars, and I will share why these tricks work. Learn how you can jump start your work-outs, eating habits and your beauty routine. You may also be thinking twice before you ever have Botox again.

I share extensive research which reveals the 'nitty gritty' on this toxin. In my quest to find healthy answers, I interview experts on psychology, health, mental well being and meditation. Find out why it's possible to feel and look your best at any age.

I hope to shift the perception of middle age by highlighting the beauty of each individual's unique soul. My ultimate goal is to bring awareness to the side effects of synthetic facial treatments so women and men of all ages will think twice before going in for a procedure.

My basic guide to creating a more fulfilling inner life, embracing the smaller joys and making your own moments of glory that are a natural and FREE. (Also find out my favorite skin care products that are all listed under \$20.00.)

I am now 42. I feel more alive, younger and happier than I did in my mid-thirties. Don't let your age define you. You define your age. You are what you want your life to be.

If you live in Southern California you might find me singing loudly in my car or creating my healthy moments on the hiking trails or spending beach time with my husband and son in Cardiff-by-the-Sea. I look forward to turning 50, 60, 70 and 80 and so on if I am blessed with a long life. After all, follow the advice of Coco Chanel: "You can be gorgeous at thirty, charming at forty, and irresistible for the rest of your life."

? Coco Chanel

From the Inside Flap

Machel Shull is a columnist and writer in Southern California. She has written featured articles on health, travel, and fashion for luxury magazines and newspapers. She previously worked as a model and actress in Hollywood, which led to her discovery of meditation. Machel studied privately with Michiko Rolek, the great-granddaughter of the first Zen Master in America, Sokei-an Sasaki, for seven years learning the importance of the mind, body and soul connection. She now lives Cardiff-by-the-Sea with her husband and son. This is her first non-fiction book. She is currently finishing her second book, Live, Love, Soul the follow-up book to Middle Age Beauty.

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