

## **Cornerstone TV Network Interviews Author Shirley W. Mitchell**

*Shirley was writing about the 'Positive Aging Lifestyle' before most were even thinking about it. Having attended one of Dr. Ken Dychtwald's early Age Wave Conferences, sparked Shirley's interest into the Baby Boomer movement. Teaching people how to live sensational lives is Shirley's passion. She's succeeded at it, and so can you!*

October 10, 2014 (FPRC) -- Sardis City, AL..... Lighthouse Coastal Productions and Lighthouse News Bureau in conjunction with CornerStone TV Networks Real Life Show, will interview Shirley W. Mitchell about her two new books, Fabulous after 50~Finding Fulfillment for Tomorrow and Sensational after 60~Loving Life All Over Again on Tuesday October 14, 2014 at 9am-EDT.

~ Faced with the constant barrage of a youth-oriented culture, many women today have developed a negative attitude toward the unpleasant reality of aging. Author Shirley W Mitchell challenges women approaching 50 not to fear their futures but to embrace them. Realize that going through physical, emotional, and spiritual changes can take you into a realm of amazing possibilities.

~ Your career is nearing its end. Health challenges are affecting some of your closest relationships. It's the aging thing-which doesn't always seem optimistic. If you find yourself fearing any more candles on your birthday cake, take some tips from Shirley W Mitchell. Teaching people how to live sensational lives after sixty is her passion.

Real Life is an original program of the CornerStone Television Network. Through its national affiliate network and Western Pennsylvania broadcast markets, CornerStone reaches approximately 5.8 million TV Households across the U.S. (including the 1.45 million TV Households in Pittsburgh-Altoona, PA. Through a variety of segments, hosts, and guests, each episode provides a positive alternative for viewers. The new show is 'engaging and entertaining!' and 'Viewers will enjoy the program's pace and shorter segments.

'Boomer Women are a Fountain of Effervescent Wisdom. We Shape and Change the Future because We Dare to Dream. We have an Exciting and Vibrant Life from Here to Eternity. The Teachings of Experience are within our Soul and the Passions of Our Reflections. We are devoted to being Woman, relishing our Womanhood with a Positive Attitude. Embracing Life at the Golden 50 and beyond, is Living Victoriously in a Redefined Age'... Shirley W. Mitchell

Shirley W. Mitchell, known as 'The Golden Egg of Aging' is the owner of the Fabulous after 50®, Sensational after 60® and Aging Outside the Box® syndicated media groups. Shirley is the author of 13 books; co-author of 5 books; columnist of the weekly syndicated Fabulous after Fifty™ on-line column; a featured columnist for Senior Lifestyle Magazine; publisher of the on-line newsletter Passionate Sparks, and an inspirational, motivational & keynote speaker. Shirley is the celebrity radio talk show host of the syndicated radio shows Aging Outside the Box ® and Aging Outside the Box® Christian Spiritual Sparks.

### **Contact Information**

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**Keywords**

[Shirley W. Mitchell](#)

[Real Life Show](#)

<http://reallife.ctvn.org>

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