

New Aging Boomer Series By Shirley W. Mitchell

Shirley W. Mitchell had a "Vision and Passion" to make her life and others' lives more productive, seeing what hard, long work days and getting older did to those around her. Her life "Passion" and "Mission" is to promote "Positive Aging and Vitality in Health" with her new Aging Boomer Series. The quantity of years in your life does not need to decrease the quality of your life, as Shirley shows her readers that she is dynamic proof that living longer can also mean living better!

December 2, 2015 (FPRC) -- Sardis City, AL – Lighthouse Coastal Productions and Lighthouse News Bureau is pleased to announce that Client, Shirley W. Mitchell, a National Author, Writer, Speaker, Syndicated Columnist and Celebrity Radio Talk Show Host, has completed her new Aging Boomer Series with – Fabulous after 50~Finding Fulfillment for Tomorrow, ISBN# 9781603747370; Sensational after 60~Loving Life All Over Again, ISBN# 9781603747479, and Radiant After 70~Adding Sparkle and Spirit to Life, ISBN# 9781629113494, published by Whitaker House Publishers of New Kensington, Pennsylvania.

“In this age of living longer, many women forget about living better. The race to prolong life somehow stops the drive to add quality to that life. This doesn't have to be so, and here is dynamic proof of that daring defiance. Author Shirley Mitchell challenges those approaching 50 not to dread it, but to relish the future. Greet it and make it your friend. Realize that passing through physical, emotional, and spiritual changes can take you to powerful places filled with new possibilities!”...Fabulous after 50

“Your career is nearing its end. Your grandchildren are leaving home. Health challenges are affecting some of your closest relationships. It's the aging thing-the dreaded "A" word. If you find yourself dreading any more candles on your birthday cake, take some tips from Shirley Mitchell. Teaching people how to live sensational lives after 60 is her passion. She's succeeded at it, and so can you! Shirley addresses a host of important issues, from medical concerns to coping with the loss of a spouse. Learn how to embrace challenges like Grand parenting, Nutrition and health choices, Unexpected opportunities and challenges, The end of a marriage, Finances and More... Most of all, you will learn that your future is immeasurably bright. Your best years may still be ahead of you!”...Sensational after 60

“Aches and pains, frequent doctor visits, and prescription medication don't have to define your seventh decade. In Radiant After 70, Shirley Mitchell reminds all seventy-somethings that they have the power to live well. In each of us, there is a desire for health, beauty, and vibrant relationships. And the seventh decade is the perfect time to invest in these areas of our lives. In the last, most thrilling quarter of life, join Shirley in staying physically and mentally active, recognizing and acting on symptoms of age-related health problems and choosing a positive, hopeful attitude. You don't have to live down in the dumps. Embrace the positives of life and hold on to hope, which is not defined by outward circumstances. Be a light to others by living beautifully, even radiantly, after 70.”...Radiant after 70

Shirley W. Mitchell, known as "The Golden Egg of Aging™" and "The Original Baby Boomer Promoter™", is the owner of the "Fabulous after 50®", "Sensational after 60®" and "Aging Outside the Box®" Syndicated Media Groups. We call her "The Original Baby Boomer Promoter™" because

of her tremendous insight years previous to the coming of the "Baby Boomer Wave of Aging Younger™" for the marketing, promotion of "Positive Aging" - She was writing about, and promoting, a "Positive Aging Lifestyle" before most were even thinking about it! Ms. Mitchell has appeared on many local and national radio & TV shows, and has authored many articles that have appeared in several national magazines.

Shirley is the Author of 13 books including "Fabulous after 50®", "Sensational after 60®", Radiant after 70® and Co-Author of 5 books including "Love Notes For Mom", "Love Notes For Dad", "101 Great Ways To Improve Your Life", "Love Like God" and "Women Will Save The World". She is the Columnist of the weekly Syndicated "Fabulous after Fifty™" On-Line Column, a Featured Columnist for "Senior Lifestyle Magazine", 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™". "The Shirley System™" consists of 39 Websites, 13 BLOGS, and 24 Social Sites. Shirley W. Mitchell and "The Shirley System™" are Managed and Represented by Lighthouse Coastal Productions and Lighthouse News Bureau of Alabama.

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