

50, so what?

Going through this important step of life being and feeling great.

April 2018



Synopsis:

Régine Labrosse shares with us her rich experience as a woman, as a mother and as a businesswoman, who had a fascinating and fulfilling life until the day she had to face her mid-life transition, a painful moment full of turmoil and questioning... what Régine calls her “FOG”. She successfully went through this difficult time and now offers readers her 4 steps method to help women reveal their own full potential and feel great. The book contains many thought provoking parts, easy to apply tips, testimonials, author’s anecdotes, that make this book a powerful tool to find the way to a fulfilling life.

Content:

- 1/ Realization of where I am in my life and assessment.
- 2/ Identification and elimination of mental blocks, with a concrete plan of action.
- 3/ How to take care of yourself thanks to a balanced diet, alternative medicines, appropriate sports, meditation.
- 4/ Reach your dreams and find the sunshine inside of you, and forever.

The Author:

Régine Labrosse is a partner in a large international company. She has always been passionate about self-help and natural well-being. She created the « Shine » method that teaches with humour and generosity the principles of a successful mid-life transition, which she now sees as a great opportunity to reinvent oneself and become an even better version of self, a shining and happy one!

■ Specs:

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