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Prime Time: Love, health, sex, fitness, friendship, spirit; Making the most of all of your life

Jane Fonda

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***NEW YORK TIMES* BESTSELLER**

An A-to-Z guide to living and aging well by #1 bestselling author, actress, and workout pioneer Jane Fonda

In this unique, candid, and inspiring book, Jane Fonda explores how midlife and beyond can be the time when we become our most energetic, loving, and fulfilled selves. Highlighting new research and sharing stories from her own life and from the lives of others, she outlines the 11 key ingredients to vitality—from exercise and diet, to forging new pathways in the brain, to loving, staying connected, and giving of oneself. She explains how performing a life review helped her clarify goals and move ahead, and shows how we can do this too. In *Prime Time*, Jane Fonda offers an empowering vision for how to live your best life, for all of your life.

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