



How to Survive in the 21st Century as a S.S.O.F.F.* Suddenly Single Over Forty Female

Rita Lee Lloyd

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Do you feel as though you're living in a parallel universe? Was your last real date in the 20th Century? Then you need this Survival Guide for the Suddenly Single Over Forty Female!

Surviving is so much more than simply remaining alive! It's about how you live, your perception, your attitude, getting to know the true you! Once you know the Rules, you can see your life ahead as an opportunity to become a fully alive, amazing you!

Discover How You Can:

- reCreate the new you
- Learn the benefits of keeping your sense of humor
- Share real life experiences of other S.S.O.F.F.s
- Step into your future with optimism and joy

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