

YOU TOO CAN FIND, FLAUNT AND FULFILL THE GODDESS IN YOU

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It is difficult for many women to recognize the need for change. For so long, I was cocooned in my comfort zone, content to simply drift along each day, with all that was familiar to me. Happy to work for someone else ten hours plus each day, only to go to bed at night and wake the next morning to do it all over again. However, uninvited and unexpectedly, that all changed.

In just a matter of seconds, an accident resulting in three breaks to my spine, altered my life. Following surgery, I spent months lying on my back and my days of enjoying physical activities of aerobics, dancing and having a wonderful time all suddenly stopped. So too, did those jobs that come like second nature to women such as doing housework, cooking, laundry and the weekly shopping. I tell you, it takes something like this to make you realize just how fragile the human body is, and also what it takes to come out at the other end of the tunnel. And, there IS ALWAYS light at the end of the tunnel, and not necessarily that of an oncoming train!

I also learned the value of having the ability (or inability) to do all those mundane tasks we take for granted. Consider wanting to roll over in bed, but finding you can't because the pain is way too intense. Many months later, tiny chores like putting on my underwear, being able to bend to sit on a toilet, drying my feet after showering or tying my shoelaces were beyond me. I needed assistance with everything, and still do with some of them. Luckily for me, I had (and have) the support of my extremely patient and wonderful family and friends to see me through this tough time. One benefit is that I get to enjoy regular pedicures!

For endless weeks, staring at the ceiling, I endured hours of not only physical, but emotional agony. Depressed, anxious, scared, guilty, doubtful, insecure – you name it. If there was any negative emotion to be had, I experienced it. Eventually I returned to work, doggedly getting through each day surviving on a cocktail of painkillers and endless treatments of physiotherapy, acupuncture and medical appointments, until eventually at 49 years of age and on a medical recommendation, I had to quit. What was I to do now that I no longer had a job? Should I simply feel sorry for myself? The answer to this burning question was an emphatic no!

My greatest learning was the moment I discovered my injury was not an obstacle. I couldn't let it defeat me, as I still had a long list of things I wanted to do before I departed this world. With the support of those closest to me, I couldn't leap over that obstacle, but I learned to crawl around it. I also discovered that with the emotional strength I knew I had deep inside me, I could believe it was possible to achieve those things I had dreamed of accomplishing as a little girl. I was not going to miss out on feeling, experiencing, being a part of and achieving the things I had forgotten or decided were not possible. It was simple. I had a choice: stagnate and shrivel, or pick myself up and move forward.

With the right kind of outlook, preparation and action, you can really make a difference in whether you are in control of your life, or sadly, a victim.

I chose not to be a victim! Instead, I founded www.fabat40.com, a wonderful community of the most fabulous women, with the aim to inspire, motivate and educate women beyond forty to empower themselves and their lives; to find, flaunt and fulfil the goddess that is in each and every one of us. And what an amazing journey I am now experiencing. I just love it, and cannot believe I am fortunate to now be able to live the life of my dreams, and at the same time enjoy and spread such passion.

Through the website, a community has been established and continues to grow, by meeting socially to share, network, become motivated and inspired by some of the best speakers, and enjoy learning about style, fashions, health and fitness, abundance and prosperity, and many topics which enable women to empower their lives.

One of the inevitabilities in life is ageing. No one has discovered the fountain of youth, or a cure to halt ageing, but you can minimize the negative effects of this process and turn the clock back by taking care of your mind, body and overall health. For many, midlife is clouded by fear, despair and disappointment that life has passed them by. Are you a person who dreads each birthday? Do you wonder what could have been? Do you hear yourself ask, “If only ...?” Perhaps you had dreams and desires that are now locked away inside you with no hope of escaping and achieving.

The great news is that it's not too late! In fact, it's never too late to find true happiness and absolute fabulousness in your life. And my passion is to assist you on your journey of discovery and allow you to transform your life in the most amazing and powerful ways.

Begin by asking yourself a few questions.

- What do I want in life?
- What desires do I dare to dream?
- What is it that motivates and inspires me?
- What are the forces that are currently shaping my life?
- What areas in my life am I ignoring?
- What do I need to do to awaken my sexiness, style and pizzazz?
- How do I learn to sizzle?
- What do I need to do in order to live the life I love and become the goddess I desire to be?

Do you feel complete? Are you satisfied that you have achieved all you have ever wished for and that life couldn't be better? If that is so, congratulations and I wish you continued success in your future.

However, if you find that something is missing, whether in your relationships, wealth, health or career, my book series *Fabulous Beyond Forty*, will show you how to awaken, manifest and achieve the goddess inside you. These books have allowed me to achieve a dream that first emerged when I was a young girl of about 8 years of age. Being an avid reader, I had always wanted to write and now, my dream has been realized. The feeling of joy is indescribable as I succeed, and my desire now is to enable you too to awaken and achieve your own dreams; to experience the same feelings of joy and wholeness as I do.

And you can you know. You can live the life you love, be the goddess you desire to be and more importantly, the woman you deserve to be.

Be proud of who you are, what you have already experienced and achieved, and be grateful that you still have so much life ahead of you to finally spend as you desire. This book series provides tips, strategies and inspiration to educate, motivate and empower you as you live absolutely *Fabulous Beyond Forty*.

I am now living the life of my dreams. Are you?

I'd like to leave you with a wonderful thought by the late, great Audrey Hepburn, who looked fabulous at any age and stage of her life.

“People, more than things, have to be restored, renewed, revived, reclaimed and redeemed; never throw out anyone.”

Audrey Hepburn

Being a wife and mother, **Danette** added Author, Speaker, NLP Master Practitioner, Wellness Coach, Motivational Mentor and founder of www.FabulousBeyondForty.com, all in her 49th year. She discovered that she had a choice in life – remain in her comfort zone, or follow her dreams. You can guess which path she chose and today her life is a celebration.

Visit www.FabulousBeyondForty.com to download your free bonuses including a 20 minute audio visualization to boost confidence and self-esteem.