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To Style, Sex, Health, Money, And More By Barbara
Hannah Grufferman**

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The best of everything after 50

May 18, 2015 As a contributor to AARP and host of The Best of Everything series on the AARP YouTube channel, I was invited to participate in the Ideas@50+ event

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says Barbara Hannah Grufferman, who blogs on Best of After 50: The Experts Guide to Style, Sex, about menopause, however, and more about what

Blog | best of everything after 50

I started doing push-ups after I turned 50. At that time, my arms were sad to look at: weak, without any definition, and definitely showing signs of batwings (you

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The Best of Everything after 50 provides top-dollar advice in an affordable format. When Barbara Grufferman turned fifty, she wanted to know how to be and stay a

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