



# Pilates At Home Guide Sign In

**Mary Jane Sterling**



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midlife we start to get in touch with the fact that our time on earth will not last forever and is precious This book provides a variety of ways of looking at this fact and of thinking about the choices ahead There are motivating stories from Boomers some such as Pamela Wallin known to many brief updates from the scientific world and interesting tidbits of information from the survey

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