



# The Best of Everything After 50: The Experts' Guide to Style, Sex, Health, Money, and More

*Barbara Gruffman*

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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 vibrant woman after the half-century mark. She went in search of a “What to Expect” book, but couldn’t find one. So she consulted New York City’s leading doctors, personal trainers, hair stylists, fashion gurus, and financial planners including:

- Diane Von Furstenberg on the right fashion choices
- Laura Geller and Carmindy on makeup tips
- Dr. Patricia Wexler on the best skin care regimen
- Frederic Fekkai on haircare
- Jane Bryant Quinn on financial concerns
- Julie Morgenstern on organizing your life

Barbara adopted their programs and prescriptions, and got life-changing results—and now she shares her experiences. With a handy format and “checklist” style, *The Best of Everything after 50* makes high-priced advice accessible to any woman interested in getting answers to the issues that concern her most.

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