



Power Source for Women: Proven Fitness Strategies, Tools, and Success Stories for Women 45+

Susan Sommers, Theresa Dugwell

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“The authors show it is never too late to become the strong, powerful, authentic woman you want to be. The key is fitness; once you feel it, it translates into every aspect of your life.”

KATHRINE SWITZER, first woman to officially enter and run the Boston Marathon, and author of *Running and Walking for Women Over 40*

Power Source for Women shows you how to set fitness goals, stick to them, and celebrate your achievements.

JOHN STANTON, founder, Running Room, and author of six books on fitness

Do you need inspiration and support in becoming more fit? Then *Power Source for Women* is the book for you. It:

- Helps you get in touch with your current fitness level — mental, emotional, and physical?
- Encourages you to achieve and sustain optimum health as you age?
- Promotes self-acceptance, self-awareness, self-esteem, fitness, and a healthy body as part of a virtuous circle

Susan Sommers got serious about fitness in her late 50s and went on to complete two marathons and ten half-marathons. She is an author and expert in marketing who has spoken at universities and conferences, Lululemon Athletica and Running Room retail outlets, and fitness retreats.

Theresa Dugwell completed 19 marathons in the last 18 years. She operates PsyMetrics Professional Services, a psychological-assessment-services company. She is a member of the American Psychological Association, the Association for Applied Psychophysiology and Biofeedback, and the Canadian Psychological Association.

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