

# 10 'tough love' tips for smart, single women over 60 from best-selling author

Available for interview

Source: 'How to make the rest of your life the best of your life: Tough love for smart, single women over 60'

Author and trainer: Victoria Rose, [www.over60stillfabulous.com](http://www.over60stillfabulous.com)

These practical tips for living have kept Victoria feeling

beautiful inside and out.

1. Value your time - spend some on yourself!
2. Learn to say NO and mean it (without being mean)
3. It's never too late to start working out with weights.
4. Try something new - like yoga!
5. Wake up every morning with a positive saying to remind you of how precious life is: A day like today has never been before and will never be again."
6. Smile before you open any door so you enter with a positive attitude
7. Have a vision for your home - de-clutter anything that doesn't meet your vision
8. Eat locally grown
9. Notice negative self-talk and stop it
10. Drink water every day

## ABOUT VICTORIA ROSE

Victoria helped over 19,500 people in Australia and New Zealand as part of her 31-year successful training career. As a soldier in the Australian Army Reserve, Victoria trained over 7,000 soldiers and officers in weapons, drill and theory and was promoted to the rank of Warrant Officer.

Victoria has achieved her own 'From NOW To WOW' life while raising 2 children as a single parent. Since turning 60, Victoria has been on a personal mission to encourage and inspire other women to benefit from her own journey to WOW. She has created the book, supporting online platform, the seminars, webinars, and is developing her intensive live-in Bali Experience, to teach Australian 60+ women how to become leaders and champions for a WOW life of their own.

For interviews or copies contact: Irena on M: 0412424523, E: [ibstrategic@gmail.com](mailto:ibstrategic@gmail.com)

"How to Make the Rest of Your Life the Best of Your Life: Tough Love for Smart, Single Women over 60" is available from

[www.over60stillfabulous.com](http://www.over60stillfabulous.com) (RRP \$29.99)

EVENTS: Victoria Rose is holding a one-day seminar called 'Get into the driver's seat' in Port Melbourne on May 11 2015 and a 5-day intensive retreat in Bali in September.

### **Contacts**

Irena  
0412 424 523  
mailto:ibstrategic@gmail.com