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DrRed Says
Tuesday at 1 PM Pacific
July 02nd 2019: **Act Your Age. What Age? Your Emotional Age? Physical Age?**

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Tuesday at 1 PM Pacific Time on
VoiceAmerica Empowerment
Channel

In this wonderful time of self empowerment, people are doing more and more exciting things. My mother used to say, "Women of a certain age can't do that," but nowadays people think that age is just a number. Did you know you have two more ages? You have a physical age that reflects how you take care of your body (lifestyle) and an emotional age. It's fairly simple to determine your physical age by taking your eating habits, sleep, and exercise habits and running them through a logarithm. What about your emotional age? What is that, and how does it impact our lives? Can you change i

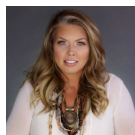
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Featured Guest



Crystal Andrus Morissette

From life as a homeless teen to coaching A-List celebrities, from having abs of steel and the Miss Galaxy to weighing over 200 pounds after having babies, Emotional Age and Communication Expert, Crystal Crystal Andrus Morissette is a worldwide leader in the field of self-discovery and personal transformation.

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