



Jump And The Joy Will Follow: How To Live In Conscious Joy And Health In Every Stage Of Life

Linda Nacif

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You might wonder: How did a young woman whose marriage to a traditional middle-eastern man who forbade her from having an opinion and looking men in the eyes, evolve into an older, desired woman who today not only delights in her emotional and sexual expression, but advocates “Jumping”, risking, and adventure as the antidotes to aging? And how did her transformation from being a Jewish-American princess to a Greek Orthodox, Lebanese, Mexican wife pave the way for her to become an example of self-determination, strength and beauty in the third stage of her life? The unexpected and heartfelt answers are contained in the letters she writes to her adult daughters as they themselves go through their own rights of passage. The combination of Nacif’s willingness to be unabashedly vulnerable and transparent, along with her expert advice on subjects such as aging, beauty, menopause and sex, offer a concrete roadmap for women of all ages on how to be healthy, beautiful, fit and sexy forever. At 62, an ex-model and auto-immune disease survivor, Ms. Nacif dispels the myths of aging and passionately and scientifically proves we do not have to degenerate, lose our vitality, sexuality, memory, or spirit of discovery...IF we do the work. Jump is a metaphor for risking, for daring to be ourselves, for following your own star, for stirring our boat in the direction we decide: all performed with the conviction that joy will come from the new adventures, people, opportunities, possibilities that wouldn’t have existed if we would stayed put. It will not only make you laugh and cry, but will also serve as a roadmap for your own quest to achieve or/and remain healthy, strong, vital, enthusiastic and sexy in every stage of life. “Jump and the Joy will Follow” weaves the intimate story of the author’s life through love letters to her daughters, and offers abundant examples of websites, articles, books and scientific information that dispel the myth of aging.

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