



Creating What's Next: Gracefully

Valerie Ramsey, Heather Hummel

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"Above all, this book radiates Optimism and Joy and serves as one of those blueprints for those of us women who keep reinventing ourselves..." - Ali MacGraw In her first book, Gracefully - Looking and Being Your Best at Any Age, cover model, author and speaker, Valerie Ramsey shared her secrets on nutrition, beauty, and positive workouts for body, mind, and soul. Now in the sequel, Creating What's Next - Gracefully, Valerie gives valuable advice and information on how to create your own What's Next. Using examples from her own life and with entertaining, behind-the-scenes stories, Valerie shares her secrets for overcoming challenges and winning in the second half of life - and tells you how you can too. Valerie Ramsey has appeared on numerous TV shows including the TODAY Show, Fox News, and many others. She is represented by Wilhelmina Models, and agencies in Toronto and Paris, as well as Premiere Speakers Bureau. Previously Valerie was public relations and media manager for Pebble Beach Resorts. She and her husband, Wally, live in Palm Beach Gardens, FL. www.ValerieRamsey.com

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