



## **What's Age Got to Do with It?: Living Your Healthiest and Happiest Life**

*Robin McGraw*

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## **What's Age Got to Do with It?: Living Your Healthiest and Happiest Life** Robin McGraw

Most women dread the thought of getting older. They're led to believe that once past a certain age, the greatest goal is avoiding wrinkles. In a culture gaga over beauty and youth, women hear the implicit message You are past your prime, But New York Times bestselling Robin McGraw is here to say that is absolutely not true In What's Age Got to Do with It?, Robin reclaims what it means to be, act, and feel young, showing how to live a vibrant life of meaning and satisfaction at any age. Diving into subjects like identity, relationships, lifestyle choices, and many others, Robin takes you on a high-energy ride to living like never have before.

## **What's Age Got to Do with It?: Living Your Healthiest and Happiest Life Details**

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# From Reader Review What's Age Got to Do with It?: Living Your Healthiest and Happiest Life for online ebook

## Andrea says

I heard about this book when Ms. McGraw appeared several months ago on the Oprah Winfrey show to talk about her experiences with bioidentical hormone replacement therapy. I borrowed the book from the local library, and after reading it, was glad I had not spent money to purchase it.

The chapter on bioidentical hormones was a rehash of what she had said on Oprah, that she wasn't willing to just "accept" the diagnosis of menopause and after much research, she decided to start on a protocol of bioidentical hormones instead of synthetic hormones and the antidepressants that so many women take for menopausal symptoms. She also spoke of how she called her family together for a meeting to tell them she was in menopause (I guess the point was to counsel women that it shouldn't be a taboo subject, but it came across as a Robin feeling like the world should revolve around her because she is feeling menopausal).

Her husband's show, the Dr. Phil Show, did an entire program recently on bioidentical hormone replacement therapy----while I had high hopes the show would be truly educational on this very important topic, it came across as being a one hour infomercial for the book, and most of the guests were specifically presented as being "saved" by Robin as she took them to her personal BHRT physician.

What made me very angry is that the Oprah shows totally ignored the issues of financial costs and insurance coverage (or lack thereof) and many women assume that bioidentical hormone replacement therapy is something only wealthy women can afford----and the Dr. Phil Show did nothing to clarify those issues. Robin only made passing mention of the issue in the book. Hundreds of posts to the show's website were filled with angry comments about how Robin is clueless to how real women live and can't afford to run from doctor to doctor looking for answers.

If the show wanted to dedicate a whole hour to promoting her book, I wish they had used one of the other chapters, and had the subject of BHRT be covered by doctors and others who really know what they are talking about (without cutting constantly to Robin posing for the cover of the book). Women (of all ages, this is not just a menopausal issue) are suffering tremendously and are being dangerously overmedicated because of hormonal imbalances, and yet this book just seemed to push the "it will stop the aging process and you will look much better" angle of BHRT. I have a blog on bioidentical hormone replacement therapy [holyhormones.blogspot.com](http://holyhormones.blogspot.com), and I prefer to recommend books written by medical professionals and doctors rather than celebrities.

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## Jo Rae Jetton says

### BABE OR BANSHEE?

Much like the introductions in an AA meeting, Robin McGraw—wife of the ubiquitous Dr. Phil—is fifty-five and refreshingly honest about it. In her book, *What's Age Got To Do With It* readers are rewarded with a total-body-makeover via Robin's experience and field of experts' advice.

You can't help but like McGraw, her sincerity seeps through the pores of the pages. After losing her mother

to a massive heart attack, McGraw stepped onto her vanity stool to share the message we needed to hear—taking care of yourself should be your first priority. Not doing so can (as in the case of her mother) be the death of you.

Professionals in nutrition, skin care, compound pharmaceuticals, gynecology, alternative internal medicine, psychology, makeup, fashion, and hair color are quoted in this beauty bible. Chapters include Robin's recipes for better health and beauty, referred to as Robin's Rx, as well as a question and answer section from her collection of experts.

Although I found this book entertaining, I felt it lacked depth. The book's chapter on hormones fell short in providing information for a major sector of women, women in surgical menopause. McGraw's endorsement of bio-identical hormone replacement, however, was a timely one and falls on the high heels of the national media's attention to the subject. She combats the notion that the change from babe to banshee is an inevitable one. Robin asserts natural hormone replacement, and sleeping naked, can leave the pharmaceutical companies sweating alone.

The chapter on faith, at just 4½ pages, read like an afterthought. I would have enjoyed reading how McGraw's relationship with Christ was shared with those in her makeover chair. After all, a life with Him is truly age defying, it's eternal.

*What's Age Got To Do With It* blows out the myth that the number of candles on your cake could mean you're old. But don't eat the cake. Robin says sugar causes wrinkles.

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### **Anne says**

Robin's inspiration for her good health habits came from her mother dying young. She has good suggestions for fitness, health and appearance. I found the book relevant even though I'm not 55 yet. Menopause was different for her than most American women because she could afford a variety of doctors and synthetic hormone replacement. This was an easy read and worthwhile.

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### **Jodi says**

I am not a big fan of Dr. Phil and can't say that I really have ever watched him. I found this book on a Christian book flier ad and thought it might be interesting. I was interested ready. I read most of it and skimmed some of it. I'm not big into fashion or makeup, but she had good tips for ways to improve your health.

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### **Leslie says**

I absolutely loved this book and this was definitely my time to read it. Robin McGraw is inspiring and *fun*! Every time I sat down to read it I felt like I was sitting down for a chat with a close friend; a friend with more wisdom and experience who was sharing her passion for life with me. Truly her passion and energy are contagious!

I know I will come back to this book again and again and I very much appreciate Robin's encouragement to become an active manager and advocate of my own health and well-being. I could go on and on, but this quote from her last chapter about sums it up for me, "My hope is that you take care of yourself so that you can always be your family's soft place to fall."

Now I need to go back and get a hold of her first book!

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### **Jill says**

I'm not a fan of Dr. Phil or his wife Robin but I picked this up on a whim from the library. There wasn't really any information that I hadn't heard before but she did remind me to continue wearing sunscreen and stay out of the sun.

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### **LuAnn says**

The price of this book was worth it for the information about the symptoms when my estrogen and progesterone are low. Now if I can only find a doctor who will do the blood tests to determine my exact levels so I can know my treatment options! Robin's easy-going presentation was interesting and instructional on a variety of topics, and it was also nice to learn that it's still okay to wear my hair long or up in a ponytail, even though I'll also soon be 55.

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### **Diane says**

I read this book today primarily because I had seen her on Oprah a few months ago talking about natural hormone therapy and I wanted to research that subject in more detail for my own personal information.

A lot of this book could be skimmed over quickly but she did have a lot of good information on menopause, perimenopause, diet and exercise. Let's face it, for 55 years old, she does look darn good! She also has the resources available to her for the best information.

Again, it's a very quick read, some subjects can be skimmed and others may be of more interest.

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### **Stephanie says**

I received a copy of What's Age Got To Do With It? by Robin McGraw from Thomas Nelson Publishers. I must admit: I may be the only person in the United States that has never watched an episode of the Dr. Phil show or Oprah. My knowledge of Dr. Phil is based on his guest appearance on Sesame Street with Dr. Feel. That said, I know even less about his wife, Robin.

I have to say that although this type of book is not something that I normally pick up, I thoroughly enjoyed it. Robin is a passionate advocate of women's health and well-being and she encourages women to become an informed and proactive caretaker of their body. Too often, wives and mothers use so much of their energy

into caring for their husband and children, that they neglect to care for themselves. I know I fall guilty of this. My girls' annual well-checks are diligently scheduled on the calendar, as are the required dental checkups, yet mine somehow manage to slip through the crack until they are well-overdue.

In this book she discusses eight facets of her life that she has focused on and made herself aware: fitness, nutrition, skin care, hormones (i.e., perimenopause & menopause), makeup, hair, fashion, and faith. She is encouraging and realistic when she speaks to her readers - don't try and change everything at once. Pick an area that you want to work on and get to work. For example, if you are interested in improving nutrition in your life she encourages you to become your own "health detective" - write down what you are eating and how it makes you feel. If you see patterns, you may want to exclude certain foods from your diet. If you want to improve your skin care, make sure you are getting enough sleep and drink enough water.

Because she is the wife of a Hollywood celebrity (and probably has WAY more discretionary income than most of my humble blog readers) there is the occasional mention of the \$150 spa treatment that did wonders for XYZ, but with almost every topic, she also offers simple over-the-counter and home remedies that can also work within any budget. I appreciated that.

Lastly, I would be remiss if I didn't mention her last chapter on faith - I believe this quote sums up why she is passionate about this topic:

I truly believe that God has a plan for each and every one of us. And I believe that we should honor that plan. In fact, this belief is one reason why I think that I am so accepting of my age. I know that each year, each day, and each moment is a gift from God. I honor the path in my life that God has put me on and know that it is a privilege to be alive and to wake up and have another day with my husband and children.

She is honest and open about her faith ... hopefully the woman that randomly picks up this book at Target or Barnes and Noble will look past the facial remedies and fashion tips (while good) and see that the only way to truly be content with the body and life that one has is through Jesus Christ.

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### **Connie says**

Boy, does she know all about it! Aging has nothing on this woman! I loved this book, borrowed from the library, and copied some of the pages to keep for reference. She talks about healthy foods, exercising, dressing, make-up, hair, and how she knows all this. She references experts and her experiences. I have already been working on making myself a better person using her help in this book.

She is a genuine wonder of the modern world. I love her!

I hope I can feel and look and be as good a person when I hit 55, only 13 yrs to get it all together. I'm working at it now and crossing my fingers and toes, too. LOL

Thanks plenty Robin. :)

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### **Josh L says**

You can find my full review at [Quieted Waters](#).

As a 22-year old male, in the prime of his life, I was certainly not the target of a book written

by a 55-year old woman describing how to feel your best at any age. I wasn't the target audience, yet I came away surprised at how much I enjoyed What's Age Got to Do with It? by Robin McGraw.

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### **Shari says**

I'm only 1/2 way into this book but I can tell now EVERY woman NO MATTER THEIR AGE should read this book! How I wish I had this book back when I was in my late 20's to read. It doesn't matter if you are 20, 25, 35, 40 or even 60 - you will relate to something in this book. It may even change how you take care of yourself.

I love Robin. If you do not like her husband, Dr. Phil, please DO NOT judge her on him because she's nothing like him. I adore her. She writes as if she's sitting at your kitchen table talking to you.

In this book she writes about overall women's health. We tend to not take care of ourselves but everyone else first and we need to stop that. She covers it all - fitness, nutrition, skin care, hormones, hair, makeup, fashion and faith. The end of every chapter has some common questions women ask about these topics and they are answered by not Robin, but doctors and experts on the subjects.

Robin is 55. She's been there, done that and still working on most of it. She's very inspiring and motivational in this book.

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### **Christina says**

I thoroughly enjoyed this book from Robin McGraw! She explains that age really IS just a number and that anyone can be healthy and happy, at any age. She is positive and writes with a truly loving sense. We all have much to learn about life, and Robin has many ideas and thoughts on how to further grow ourselves. We all can be happy/healthy and this book gives you that extra "nudge" to think differently and grow. Very good book!

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### **Kathie says**

I picked this book up at the library on a whim. I'm 53 and thought, heck, don't have anything to lose. Even though quite a bit of the information, such as wearing sunscreen, is or should be common knowledge, her description of her life dealing with these issues was very amusing. I'm an avid fan of the library, I don't buy many books, but this one is a must buy.

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### **Lain says**

Want to know what makeup a mature woman must have? Need tips on incorporating exercise into your life? Looking for hints on looking sharp as you age? Then you just may want to pick up "What's Age Got to Do with It?" by Dr. Phil's wife, Robin. In a series of chapters she tackles exercise, hormones, nutrition, makeup, and more.

I liked this book much better than Robin McGraw's previous "lifestyle" book, although I still found hints of the things that bugged me in "Inside My Heart." She still writes from that "I've got it all figured out" viewpoint that can easily alienate the reader, but somehow it's less offensive on the topic of hair and skincare than it was on matters of the heart.

What would have helped immensely, though, is a translation of Robin's tips for a woman on a budget (I just don't have \$60 to spend on shampoo and conditioner, or \$100 for foundation). I understand she's living the Beverly Hills lifestyle now, but what did she do when she was on a budget like most of America?

All the same, while there's nothing earthshaking here, every woman can use the reminder to take care of herself both physically and emotionally so she can take care of the rest of the people in her life.

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