



# **Sexy, Fit & Fab Sirens: A Sexy Collaboration of Fabulous Women Sharing Their Secrets to Success**

*Susie Augustin*

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Contributing Authors: Kim Somers Egelsee, Jeanette Ortega, Monica Blanco, Sheri Fink, Karla Keene, Danielle Augustin, Shaeny Hagey, Monick Halm, Amy Stahovich, Yin Chang, Jenée Dana, Kristina Mitchell, Kristina Johnson, Casey Krebs, Stephanie Dreyer, Sherri Boyer, Jaime Kalman, Katy Bray, Sylvia Armas-Abad, Jacqueline Kettle, Vivian Pulliam, Fran Boytos, Claudia Cooley, Nancy Somers. Foreword by Erin Cottrell; Special Introduction by Alexis Carra. Have you ever wondered what the secrets to feeling sexy and self-confident are, after you've experienced obstacles or hardships in life? Feeling blah, like you've lost your looks and your passion for life? Discover ways in which in you can learn how to make the most of your assets and discover your beauty from the inside out, fall in love with yourself, and transform your life. Susie Augustin shared her stories and challenges in *Sexy, Fit & Fab at Any Age!* to inspire women to develop their essences, exude confidence, embrace their true selves and feel extraordinary. In *Sexy, Fit & Fab Sirens*, she invited 24 *Sexy, Fit & Fab* women of all ages (20's through 70's) to contribute their own stories of overcoming obstacles to obtain success, as well as reveal *Sexy Tips* on how to live a balanced life, increase your confidence, follow your passions and feel **SEXY!** In *Sexy, Fit & Fab Sirens*, you'll explore six different categories with all types of women who you are sure to resonate with. Which category do you most fit? **INSPIRE** - Leadership is Sexy **ACHIEVE** - Success is Sexy **INNOVATIVE** - Empowerment is Sexy **CONFIDENT** - Determination is Sexy **STRENGTH** - Growth is Sexy **AGELESS** - Sexy over Sixty

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