



## Prime Time. Mis mejores años (Spanish Edition)

*Fonda Jane*

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**Prime Time. Mis mejores años (Spanish Edition)** Fonda Jane  
**Aprovecha al máximo tu vida.**

En este libro inspirador y sincero, Jane Fonda, la exitosa actriz y autora, nos brinda una guía para sacar lo mejor de nosotras mismas y de nuestra vida, sobre todo, en su segunda mitad.

Prime time cubre todos los temas que necesitas para sentirte joven y feliz: amor, sexo, alimentación, ejercicio, vida espiritual y autoconocimiento, de la A a la Z. Jane Fonda explora cómo a partir de los 50 años, las mujeres pueden seguir siendo enérgicas, amorosas y rodeadas de gente que las aprecia. Un libro con imágenes inspiradoras de los mejores momentos de Jane Fonda, sobre todo, durante su vida adulta.

Enfocada en nuevas investigaciones y en experiencias de su vida y la de sus seres queridos, Jane Fonda explora cómo los años críticos en la vida de una mujer -de los 45 a los 50 y, especialmente a partir de los 60- pueden convertirse en una etapa llena de energía, amor y completa, junto a las personas que más queremos. Al hablar de los once ingredientes vitales para llevar una buena vida, Jane Fonda invita a las lectoras a llevar una vida más intuitiva, sana e integrada; una vida más profunda y en contacto con nosotras mismas, con nuestros cuerpos, mentes y espíritus pero de igual forma, con nuestro talento, nuestras amistades y nuestras comunidades.

Mientras escribía este libro, Jane Fonda descubrió dos metáforas que se convirtieron en visiones de vida: el arco y la escalera. Jane enseña a las lectoras cómo vivir en un continuo ascenso, como una escalera pero también, cómo entender las décadas tempranas de tu vida a partir de un repaso de nuestra vida, a manera de un arco. El tiempo, dice Jane, es un regalo y este libro es una herramienta para responder a la pregunta, ¿qué hacer con ese regalo que nos da la vida?

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