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Celebrating International Women's Month

turningpoint

Your Lifestyle, Your Well-Being

Issue 3 - March 2018

EXCLUSIVE INTERVIEW WITH KATHRINE SWITZER

First woman to officially run the Boston marathon & who championed the marathon into the Olympic Games

CECE PENISTON

International Artist, Songwriter, Performer talks about finally feeling fit and fabulous

FINE DINING

with our very own
MR TOP HAT, TONY JAZZ
Reviewing L' Atielier de Joël Robuchon French Restaurant

JUMP YOUR WAY TO FITNESS SIMONE WILSON

LAMONT MCLEMORE

From legendary group the 5th Dimension celebrates his mother at 103 years old

ERNESTINE SHEPHERD

Interview

81 Years young & Guinness Book of Records oldest female body builder

EDITOR'S NOTE

Greetings to one and all
Each year phenomenal women all over the world are celebrated and celebrate their achievements during International Women's Month. Women who have triumphed over circumstances and situations of turmoil, tragedy, women who have stood strong in the midst of inspite of and despite of insurmountable challenges. Even women whose perceived vulnerability gave strength and power to the most amazing outcomes and to those around them.
To be phenomenal is not a graded journey to be at the top of a chain. To be phenomenal is determined by the strength of one's character, by the power of one's authenticity, wisdom, and truth. By one's ethos for life and by one's humanity.

In this issue, I will be profiling women from different backgrounds who are pillars of inspiration. Women who genuinely share their stories to show you that they too have been through and have come through insurmountable challenges. Women who have spear headed and championed their lives forward so that others could step up onto their podium of truth and freedom. Women who maybe on their knees now, looking up and who are still saying, I refuse to stay down. TurningPoint Magazine will be honouring such women and celebrating their existence through recognition. I too have been greatly inspired by their stories. The tenacity of the human spirit is much stronger than many of us realize. The humbleness and humility one adopts in order to become the champion of one's own life is an effort worth a medal itself because to be able to support each other, to champion each other, to make a stand for each other – woman to woman - no competition, no fuss, no snipping at – is a very powerful place to become within oneself.t
I thank everyone who has made a contribution to a magazine which aims to inspire, motivate and encourage people between 45-65 who have come to the cross-roads of their life and who are now asking 'where do I go from here?'

There are other articles to support you in elevating your self-worth and to empower you to step outside your box. So check out TurningPoint's very own Mr Top-hat, Tony Jazz who offers an alternative high-end take on one's dining experience. A man known for quality, high-end living and panache. Why not, after all we all deserve the best. It depends on whether you recognise that you are worth it.
There are also Great giveaways and much more.....

I have also co-authored with 75 other amazing authors a book called Thresholds, which is currently on sale on Amazon, 75 Stories of How Changing Your Perspective Can Change Your Life. Thresholds is comprised of seventy-five inspirational stories, representing the experiences of people from over sixteen countries around the world—people who have chosen to live life powerfully and intentionally, facing life's challenges and their fears head-on. My new book The Path to Ageless Beauty will be published this month, FINALLY, and a range of tee-shirts will soon be available.
So on that note, and without further ado – I will leave you to cosy on up with a copy of this magazine which I know will feed you with lots of inspiration.

AS ALWAYS A BIG THANK YOU TO ALL WHO HAVE CONTRIBUTED TO THIS MAGAZINE.

ESTHER AUSTIN
CHIEF EDITOR

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