

Donna A. Ford

SPEAKER · AUTHOR



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Donna Ford loves to share the information that she has gathered by extensive research as a writer and health advocate, along her 75+ year lifetime. *Follow Others* is a legacy she wishes to leave family members, friends, and her readers.

Follow Others Speech Topics

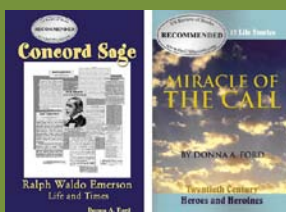
- Make it Natural; Make it real
- Aging Skin in the mirror? Reclaiming beauty
- Breaking Habits with Positive Thinking
- Aging Glands, Diet and Stubborn Belly Fat

Videos/Podcasts

- Miracle Healing vs. Natural Wisdom
- 3-minute Action Takeaways; Aging slowed and customized

Young Adult Books

Young Adult biographies will inspire both adults and teens: *Concord Sage* and *Miracle of the Call*

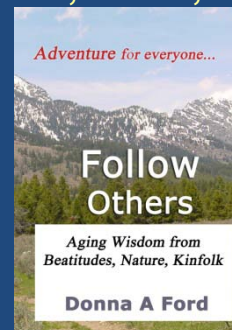


Available on Amazon



Follow Others:

Aging Wisdom from
Beatitudes, Nature, Kinfolk



- Three ways to health; you must choose two below:
 - Positive thinking with help from Beatitudes and kinfolk
 - Nutrition basics compiled 1970s to present; matched to aging events
 - Exercise, with diets, natural therapy, pain management
- Customize plans for healthy aging; starting in 50s and revised for 70s-80s
- Media, Library, Church: Request a free copy author@donnaaford.com