



I TURNED 60!

Motivational speaker
Catherine Grace O'Connell has
a leg up on the next decade

Over six years ago, Catherine nearly lost her life to complications from Lyme disease. "I was bedridden and weighed under 100 pounds," says the mom of two. Thanks to the help of the right doctor (her condition went undiagnosed for years) and her own focus on healing past trauma, she says, "I'm 60, and I feel more confident than I have in my entire life."

Hey, hey!
It's my
birthday!





Best birthday ever

My daughter threw a surprise party for my 50th. Everyone danced and sang karaoke. It made me feel like a kid again.

Life lessons

I've learned that the more I understand myself and love myself, the deeper my friendships are. When I can see the best in me, I can see the best in other people.

Happy, healthy secrets MORNING MOTIVATION

I do yoga or exercises in my living room while watching TED Talks on my laptop. I'm obsessed with Brené Brown

and Oprah. It feels like I'm filling myself up from the inside out.

SURROUNDED BY INSPO

There are inspirational books, like *The Ten Commitments* and *Gift from the Sea*, everywhere in my house. Every day I'll flip through a random one and read a little until I find something that resonates in that moment.

HER SKINCARE RITUAL

I live in sheet masks. I'll put one on while I'm doing my hair or reading in bed.

Future forward

Last year, right before quarantine, I got a Samoyed named Moxie. She keeps me on my toes. I'm so excited to travel again and start taking her on road trips.



Follow me!

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beauty boost

"I put on my inner attitude (a.k.a. "infit") before my outfit. An infit is when you look in the mirror and go, *I'm so beautiful, I rock.*"

Her beauty must-haves



"I consider this tool the next best thing to a salon blowout. It styles my hair in less than half the time of using my regular hairdryer."

Revlon One-Step Hair Dryer and Volumizer, \$60, drugstores



"This luxurious cream has made a huge difference in my neck wrinkles, elasticity, and lines in a short time."

StriVectin TL Advanced Tightening Neck Cream Plus Jumbo, \$139, strivectin.com



"As I've gotten older, my lips have gotten drier, and a lot of lipsticks tend to bleed or feather. This always stays put and looks amazing."

GrandeLips Plumping Liquid Lipstick Metallic Semi-Matte in Peach Bellini, \$25, grandecosmetics.com