

Michelle Obama To Women: Do What Makes You Happy

Contributed by Darlene Superville - Breitbart / AP
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WASHINGTON (AP) - First lady Michelle Obama says women should do what makes them happy, a lesson she says she learned after realizing her two children, her husband and her physical health feed off of her good moods. In an interview appearing in the November issue of Prevention magazine, Mrs. Obama discusses the meaning of good health, aging and her exercise, diet and beauty routines. She sat for the interview at the White House in late July.

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