



Aging Gracefully with Dignity, Integrity Spunk Intact: Aging Defiantly: Including Ten Tips to Keep People Off Your Back

By Norma Roth

Authorhouse. Paperback. Book Condition: New. Paperback. 254 pages. The art of Aging With Dignity, Integrity and Spunk Intact and, when necessary, Aging Defiantly, is what this book is about: The joy of aging, not the agony, the joy of growing older, not the fear and panic; the wonders that are on the horizon, not the inevitable. For this new dynamic Silver Generation may well be at the vanguard of an incredible age never before seen in the history of the world, with assists from the worlds of medicine and science that might seem like magic. Empowerment is what this book is really about: the empowerment of those entering that age at the most amazing life-extending period; empowerment to make the world work for you; empowerment to live your life as you choose; empowerment to carve and sculpt and reinforce and risk and ENJOY LIFE; and empowerment to enable you to live with dignity and integrity and make the powerful contribution you may want and can give the world in which you live -- because you have spectacular potential within and are being given enormous gifts of longevity and health. Empowerment is another way of taking charge of the situations that...



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affect the way I really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better than never, though I am quite late in start reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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