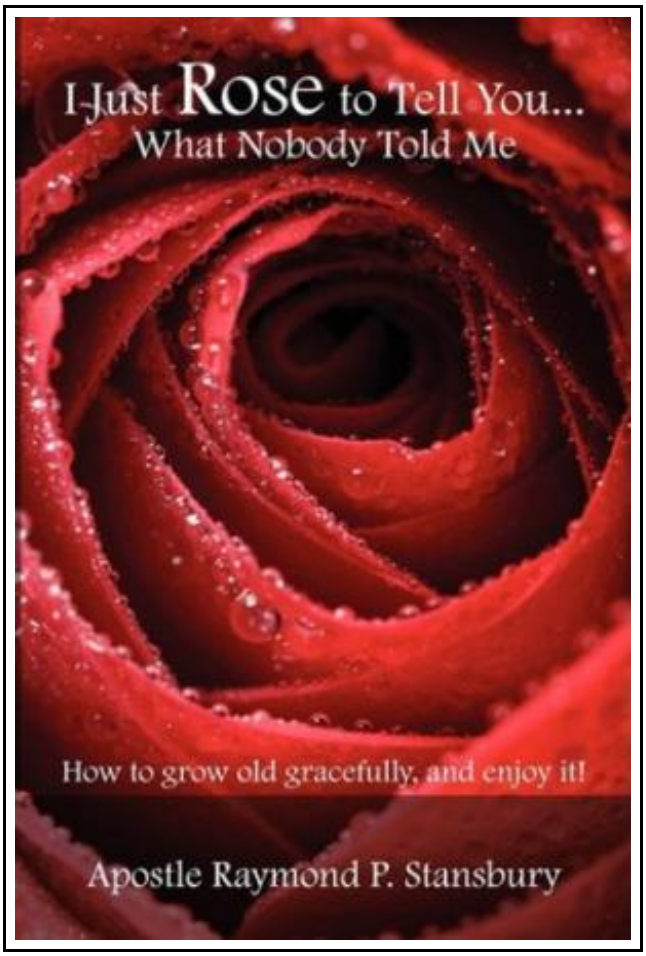
I Just Rose to Tell You What Nobody Told Me.: How to Age Gracefully, and Enjoy It



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Reviews

Simply no terms to clarify. It is actually loaded with knowledge and wisdom I am just delighted to let you know that this is the very best publication i have got read through during my individual lifestyle and could be he very best pdf for actually.

(Mr. Caleb Quigley MD)

I JUST ROSE TO TELL YOU WHAT NOBODY TOLD ME.: HOW TO AGE GRACEFULLY, AND ENJOY IT

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Authorhouse. Hardcover. Book Condition: New. Hardcover. 172 pages. Dimensions: 9.1in. x 6.2in. x 0.9in.How to grow old gracefully, and enjoy it! Growing old does not have to be a painful experience, the bottom line is that we will get what we expect. If we embrace the negative mindset of aging by what we see or hear from some of those who are in that part of their lives now, we would not look forward to that part of our lives with positive expectations. As a matter of fact it births the spirit of fear causing us to look at growing old as a death sentence pushing us to run from life. So we are mentally tormented upon walking into our 40th and 50th birthday because the mind set is that things then go downhill and that life as we knew it is over and we began to prepare for death. The problem is that most of us were never taught how to grow old gracefully; we are just expected to get there the best way we can. The truth of the matter is that if we obtain the knowledge and wisdom of how to grow old gracefully, we will enjoy it and maintain health in body, soul and spirit. As I teach in this book, knowledge is power - but the knowledge does not become power until we put knowledge into practice. This book will add years to your life through the principles and wisdom alone if applied. As we grow older we must keep making choices and changes that will enhance our lives, even if its something that we enjoyed eating or drinking at one time. As we grow older we must realize that less is more, and we need to learn how to really live life and not...

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