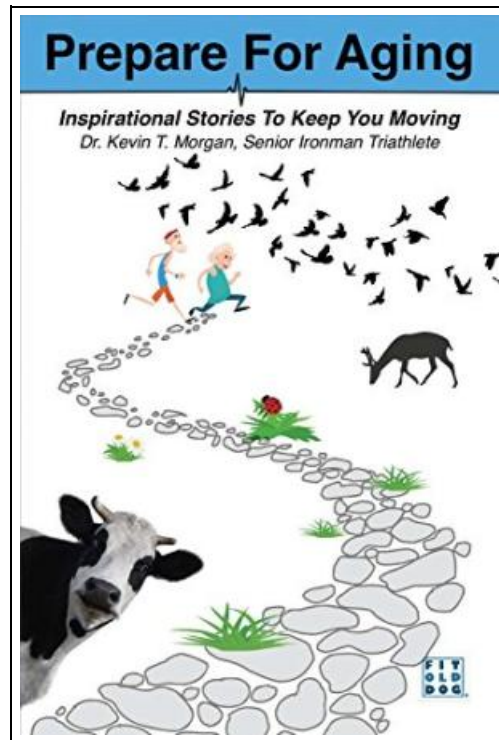


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Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.
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PREPARE FOR AGING: INSPIRATIONAL STORIES TO KEEP YOU MOVING (PAPERBACK)



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BookBaby, 2017. Paperback. Condition: New. Language: English . Brand New Book. It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change. - Charles Darwin The goal of this book is to help you to enjoy your Golden Years, by remaining active, both mentally and physically for as long as possible. As a scientific lecturer for many years, the author learned that lecturing people doesn t work. Stories do! We are a story telling species, thus the use of stories in this book. Each short tale, from his life as a country vet and a research scientist, has been selected to provide a valuable lesson. For instance, he tells the tale of repairing the jaw of an old dairy cow, for a poor country farmer, while working as a young veterinarian in England, in 1970. This opened his eyes to the need to include affordability into the solutions to aging provided in this book. He says that the real trick to enjoying your Golden Years is preparation. Such preparation should include correction of life s chronic injuries, where possible, be they physical, intellectual, emotional, spiritual or interpersonal. To do this, it helps to be open to learning new things, which may require forgetting some of your old ideas. It ain t what you don t know that gets you into trouble. It s what you know for sure that just ain t so. Mark Twain During your reading, and consultation with over 200 linked videos on the author s FitOldDog Video Channel, you will be provided with tips and tricks to help you to adapt to the inevitable physical challenges of aging! It starts with the need for glasses in your forties, and then it continues relentlessly...



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