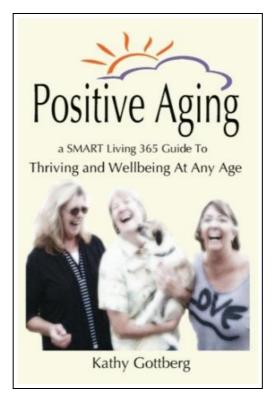
Positive Aging * a Smart Living 365 Guide to Thriving and Wellbeing at Any Age (Paperback)



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Reviews

Definitely one of the better publication I have got possibly read. It really is writter in basic phrases and not difficult to understand. You wont sense monotony at anytime of your respective time (that's what catalogs are for about if you request me).

(Darion Lowe)

POSITIVE AGING * A SMART LIVING 365 GUIDE TO THRIVING AND WELLBEING AT ANY AGE (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. Do you have a positive view of getting older? It matters. Like many baby boomers her age, Kathy Gottberg started wondering if it was all down hill after turning 60. Instead, she gladly discovered that how each of us views the aging process strongly influences our health and happiness in the years to come. Now rather than seeing her advancing years from the perspective of decline and disease, Kathy is happy to share in the pages of this book how the vast majority of people can and do remain reasonably healthy, active and thriving for the remainder of their lives. How did we get it wrong? Until recently, most studies of people as they aged came from insurance companies, drug companies or doctors who specialized in geriatric care. Like the psychology field, research in the past often focused on pathologies, what didn't work, or what went wrong. Fortunately, that is changing. Now many groups, organizations, and scientists are looking into what makes for a long and healthy future no matter what the age. Instead of only seeking ways to make our final years merely comfortable, the attention is now being put on what helps us to continue to grow and thrive. When we choose to see aging from this new positive perspective, each of us is granted the opportunity to celebrate the many benefits of what is now being called the third age of life. Who will benefit from reading this book? Certainly, those at age 50 and beyond will find inspiration. But those just hitting midlife should also find encouragement. After all, the more we tell those younger than us that aging can be wonderful, fulfilling, and liberating, the...



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