



Gently Aging: Going Through the Inevitable Process with Health, Fun and Frolic! (Paperback)

By D R Martin

SmartyPants Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. It happens to all of us eventually - the thief of time steals away our looks, our flexibility, the spring in our step. But much good remains - our smile, our cheery outlook, our wisdom. Aging with health, fun and frolic is possible, if you take proper steps to support that desirable future. Learn how, plus the SmartyPants Secret on aging. A SmartyPants Secret is that one piece of information that you need to know to make every job a little bit, or maybe a lot, easier. Almost everything we do in life has a SmartyPants secret that to it, that knowing the secret would help tremendously in shortening the learning curve. Experts, who have hours of experience doing what the novice is attempting to do, have intimate knowledge, which may not be so secret, but it is key information that the novice greatly needs. If you ve ever struggled with something then learned the something afterwards that caused you to say to yourself or say aloud, Well, if I only known THAT before I did this, it would ve made...



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