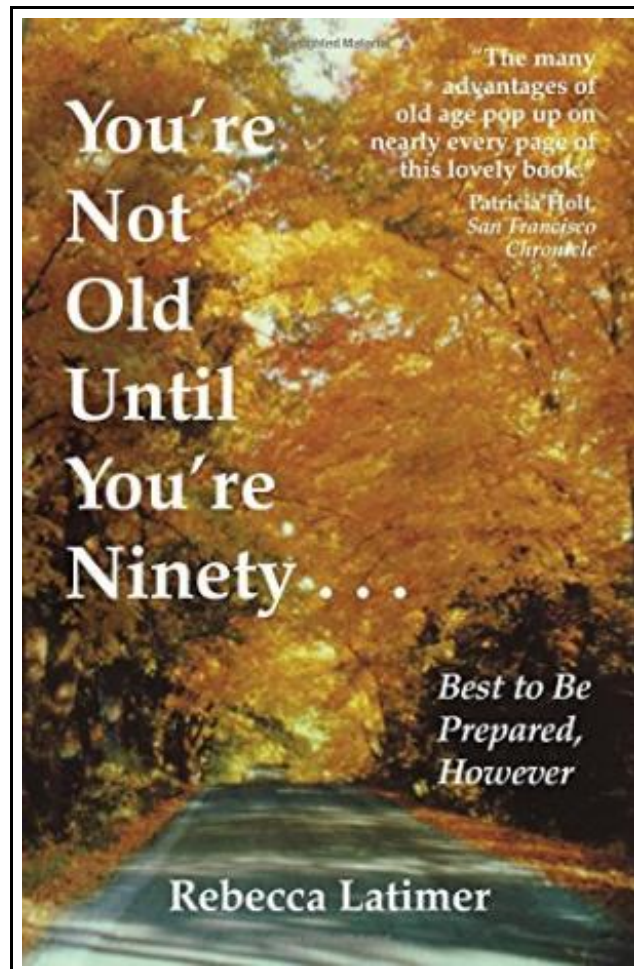


You re Not Old Until You re Ninety



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(Jace Gusikowski IV)

YOU RE NOT OLD UNTIL YOU RE NINETY



LIGHTNING SOURCE INC, 2000. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Rebecca Latimer shares her secrets in You re Not Old Until You re Ninety for vigorously aging: maintain a balance in all things, develop good friendships, stay interested in learning new things, and listen to your intuition and to your body. These pearls of wisdom were gathered over a lifetime, day by day, leading to the discovery of the key thoughts and attitudes one needs to live life to its fullest. It s not arriving at the destination that s exciting, but the journey itself. I am sure of one thing, that meditation is the keystone to ending up in pretty good shape when you get to be this age, says Rebecca, age 92. The second most important thing is to wake up. Most of us live our entire lives without ever really waking up. We just float along on the surface of life, pushed by the daily demands on us. Other suggestions Rebecca offers for staying youthful are to not cling to old habits, rules, or behaviors, to keep in circulation, volunteer, use the computer to network, and if you are forced to be quiet, reach out with the phone or write letters. Book Review by Patricia Holt, San Francisco Chronicle Elderly people are supposed to think back on their youth with nostalgia and longing. But for Sonoma writer Rebecca Latimer, who is 92, getting older is a much better deal than being young. I can say with all honesty, I d rather be a very old woman than a very young one, she writes. It is true that I have lost my physical resilience, but new friends and interests outweigh my losses. Yes, I d rather...



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