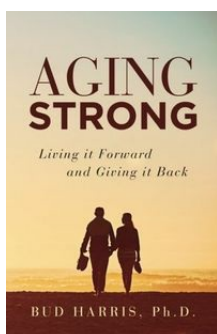


AGING STRONG: LIVING IT FORWARD AND GIVING IT BACK

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Reader's Opinions

I won a copy of this book in a Goodreads Giveaway. Very quick and easy book to read. Great guide for those who are part of our "adult" society. The one complaint is that once your physical or mental health declines, it is very hard to adapt and move forward. Very important to take care of both at all ages. As the author suggested, I am...

Forced to retire at 60, I found nothing to catch my interest for the rest of my life. I dabbled with alcohol and depression, finding neither satisfactory. Eventually I was exposed to Dr. Harris' Sacred Selfishness, which described to me a whole inner world, that I had no idea was there. Walking down the path...