

# Growing older - what young people should know about aging

**Little, Brown - Why Young People Should Care About Aging**



Description: Discusses some of the truths, myths, and popular misconceptions of the aging process.

- Old age.

Aging.

Aging -- United States -- Juvenile literature.

Older people -- United States -- Juvenile literature. Growing older - what young people should know about aging

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Notes: Includes bibliographical references (p. [164]-166) and index.

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## 40 Quotes about Growing Old and Staying Young at Heart

Only women need to worry about osteoporosis. Physical and mental decline is not inevitable.

## 10 Myths About Aging

The lesson to be learned is an extraordinary one: Fear of aging is the single most powerful agent creating exactly what we fear.

## Ten Things Everyone Should Know About Aging...

Such planning can only add richness to the middle years as well.

## 40 Quotes about Growing Old and Staying Young at Heart

Quitting smoking will also lower your risk of cancer, heart attack, , and lung disease.

## Related Books

- [Petite gare - et autres nouvelles](#)
- [Al-Islām wa-zayf al-aqlām](#)
- [Historic American buildings - New York](#)
- [Condition humaine, Malraux - analyse critique.](#)
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