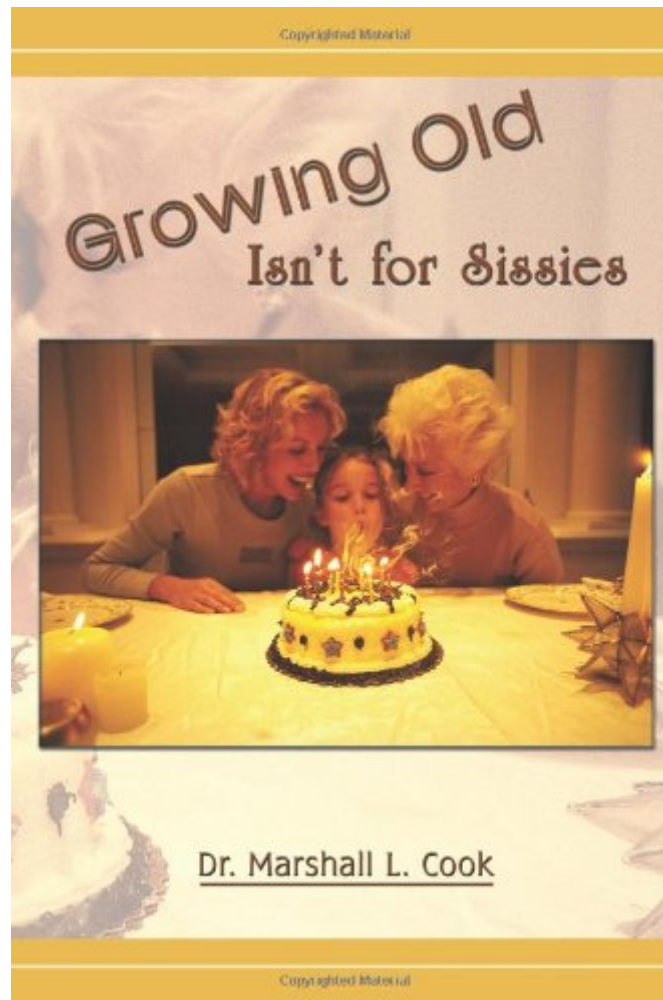


Growing Old Isn't for Sissies PDF



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Growing Old Isn't for Sissies by Dr. Marshall L. Cook ISBN 1426924879

A ninety-six-year-old man, on admission to a nursing home, was interviewed by a social worker. She asked, "Did you have a happy childhood?" With a twinkle in his eye, he replied: "So far, so good!" One of the undeniable facts of life is that we are all aging. Many people dread growing old. It was Bette Davis who said, "Old age ain't no place for sissies!" And yet Dr. Cook believes that what really matters as we age is not the condition of the body, but that of the spirit. We can find meaning and purpose no matter what our age. Growing Old Isn't for Sissies focuses on the physical, emotional, mental, and spiritual challenges we encounter as we age, primarily after age sixty-five, and what our Christian faith has to say to those challenges and changes. Our faith in God can help us in our journey through life, no matter what our age. This book will help those who are growing older to understand some of the changes and problems associated with growing older, whether you are twenty, forty, sixty or eighty. It will help you understand the spiritual resources that are important in coping with growing older.

Growing Old Isn't for Sissies Review

This Growing Old Isn't for Sissies book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Growing Old Isn't for Sissies without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Growing Old Isn't for Sissies can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Growing Old Isn't for Sissies having great arrangement in word and layout, so you will not really feel uninterested in reading.