



## The Victory Lap

By Billie Silvey

21st Century Christian, Inc., United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It happens to all of us if we live long enough. We grow older, with all the physical, mental, emotional and spiritual challenges that implies. But that s really good news. It means we re living longer, healthier lives and that we have the opportunity to continue learning and growing and contributing for a long time. Victory Lap is about all that. It s also about exercise, good diet, sleep. About our need for each other, to be involved with life and to prepare for death and the legacy we leave behind. It s about treasuring life, feeling gratitude to God and the people around us, adjusting to retirement and filling that extra time well. It s about being honest and real, with ourselves and other people. Endorsements: Recovery from a harrowing health crisis caused accomplished author Billie Silvey to use her considerable writing and research skills to develop a model for living life s last chapter. The resulting The Victory Lap: Growing Old with God is a candid, questioning, spiritual, informative and outstanding resource...



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