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Aging - The Autumn Phase of Life

By Greg Hadley

Createspace, United States, 2010. Paperback. Book Condition: New. MS Kristen Johnson (illustrator). 226 x 152 mm.

Language: English . Brand New Book ***** Print on Demand

*****. Aging - The Autumn Phase of Life tells the story of the author, his wife and many friends and neighbors who are residents in a continuing care retirement community. Both touching and practical, the book considers how we get old, some of the misconceptions about old age and many issues that must be considered both before, and during, the final years of one's earthly life. Questions about financial planning, spiritual, psychological, emotional and bodily health are addressed and positive, concrete plans are presented for execution. Importantly, the book addresses the pitfalls of denying old age is happening. The personal stories told by the senior citizens interviewed by the author are uplifting, light hearted and full of wisdom. This book is a must read for those approaching retirement age, people with aging parents who are facing the difficult choices that old age may present and those who are already in their own personal autumn phase of life. An extensive bibliography will lead the reader to important books, periodicals and websites that are full...



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