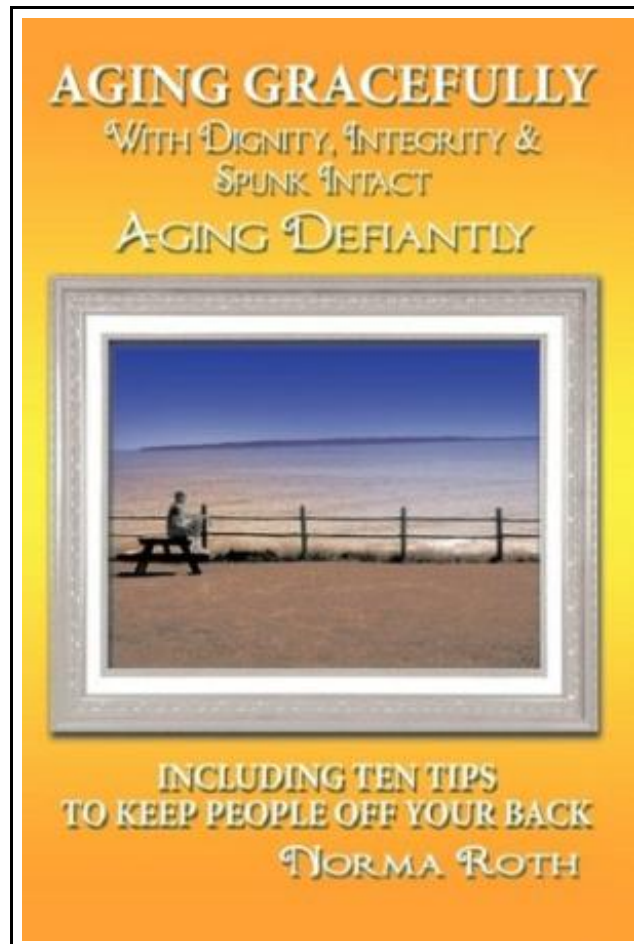


Aging Gracefully with Dignity, Integrity Spunk Intact: Aging Defiantly: Including Ten Tips to Keep People Off Your Back



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AGING GRACEFULLY WITH DIGNITY, INTEGRITY SPUNK INTACT: AGING DEFIANTLY: INCLUDING TEN TIPS TO KEEP PEOPLE OFF YOUR BACK



Authorhouse. Paperback. Book Condition: New. Paperback. 254 pages. The art of Aging With Dignity, Integrity and Spunk Intact and, when necessary, Aging Defiantly, is what this book is about: The joy of aging, not the agony, the joy of growing older, not the fear and panic; the wonders that are on the horizon, not the inevitable. For this new dynamic Silver Generation may well be at the vanguard of an incredible age never before seen in the history of the world, with assists from the worlds of medicine and science that might seem like magic. Empowerment is what this book is really about: the empowerment of those entering that age at the most amazing life-extending period; empowerment to make the world work for you; empowerment to live your life as you choose; empowerment to carve and sculpt and reinforce and risk and ENJOY LIFE; and empowerment to enable you to live with dignity and integrity and make the powerful contribution you may want and can give the world in which you live -- because you have spectacular potential within and are being given enormous gifts of longevity and health. Empowerment is another way of taking charge of the situations that face entering that age. It is the awareness that rights that you have (or should have) are being impeded or trampled upon; it is the decision that those who would deprive you of your rights, whether to a positive social environment or to understanding and support from family and friends are SIMPLY WRONG, and you will need to recognize that these attitudes and behavior are inappropriate. Empowerment is the moment that you truly decide this is not acceptable and say, I will not allow it. It is that moment you decide I will do whatever it takes to ensure that...



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