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Aging Is an Attitude (Paperback)

By MR Cecil Murphey

AMG Publishers, United States, 2005. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Aging Is an Attitude is an inspirational book designed to strengthen and encourage those who face their own aging, especially baby boomers as they creep closer to retirement age. In a society that tends to deny aging and find ways to retard the process, Cecil hopes that this book will help the aging realize they are still useful and have wisdom to offer those who are younger. Aging Is an Attitude offers practical advice and encouragement to allay fears for those dreading the senior citizen label. The more readily readers can accept themselves, the more helpful they can be to teach and encourage others. Aging Is an Attitude also describes author Cecil Murphey's personal journey as he has struggled with his fears, anxieties, and questions of aging. While writing this book, Cecil interviewed more than 100 people who were at least 45 years old. Discover how Cecil and others are learning to joyfully embrace the third stage of life.



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affected the way I really believe.

-- Beverly Hoppe

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-- Adela Schroeder II

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