



Getting Older Better: The Best Advice Ever on Money, Health, Creativity, Sex, Work, Retirement, and More

Pamela D. Blair

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Everything you need to know about aging but were too busy living to ask.

Pamela Blair, a psychotherapist in her 60s, has a few things to say about aging. Open this book to any page and find one of over 100 brief, kickstarting essays and journaling questions for moving into your third act with a sense of adventure and possibility. Blair offers dozens of practical and motivational ideas for handling everything from health and libido to the death of a spouse, money, legacy, and more.

From the book:

Your body is changing, your family and friends are changing, your strength and speed of mental processing are changing, and your priorities are changing. How are you dealing with these changes? Denial? Acceptance?

As for me, if acceptance means “approval,” I say no, I don’t approve of some of what is happening as I age. If acceptance means I will work change into my life, then I say yes. If change means painful loss and disappointment, I say no, I don’t want any of that! (And do I have a choice?) If change means growth, forward movement, and a refreshed attitude, I say yes!

Let Pamela Blair will guide you through the thoughts and feelings about aging that may be dragging you down. Let her point the way to a different, optimistic and clear eyed, way of getting older—better.

Previously published as *The Next Fifty Years*.

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From reader reviews:

Kimberly Kiser:

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Myrtle Galloway:

Reading a publication tends to be new life style in this particular era globalization. With examining you can get a lot of information that will give you benefit in your life. With book everyone in this world can certainly share their idea. Books can also inspire a lot of people. Many author can inspire their own reader with their story or perhaps their experience. Not only the story that share in the textbooks. But also they write about the ability about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors in this world always try to improve their expertise in writing, they also doing some study before they write with their book. One of them is this Getting Older Better: The Best Advice Ever on Money, Health, Creativity, Sex, Work, Retirement, and More.

Douglas Anderson:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Can be reading a book is usually option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled Getting Older Better: The Best Advice Ever on Money, Health, Creativity, Sex, Work, Retirement, and More can be very good book to read. May be it might be best activity to you.

Herbert Gist:

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