

# Live Young, Think Young, Be Young: . . . At Any Age - , Larry Matson

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Why do we believe that aging is the cause of most of our problems as we get older? Age and aging actually have much less to do with it than you think. Live Young, Think Young, Be Young challenges our assumptions and beliefs about aging, and provides a fresh, new understanding of how and why we grow old. It will make you think differently about little things in your daily life that accelerate the three mega causes of getting old. In the end, this book is about courage and resilience the courage to change what can be changed and the resilience to accept what cant be changed. Together, they provide a powerful plan for staying young in body, mind, and spirit. Author: Vickery, Donald M. Author: Matson, Larry Author: Vickery, Carol Publisher: Bull Publishing Company Illustration: N Language: ENG Title: Live Young, Think Young, Be Young: . . . At Any Age Pages: 00384 (Encrypted EPUB) / 00384 (Encrypted PDF) On Sale: 2012-06-01 SKU-13/ISBN: 9781933503974 Category: Self-Help : Aging Category: Family & Relationships : Aging - General

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