



Laughing at the Grim Reaper!: Gems of Wisdom for Aging Well (Paperback)

By Geraldine Helen Hartman

Createspace, United States, 2014. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Want to start: Laughing AT the Grim Reaper, instead of the other way around? READ THIS BOOK! Laughing AT the Grim Reaper is a book filled with life-affirming and positive: thoughts/activities/suggestions how to age successfully and joyfully. To put growing older and mortality into prospective, no matter what stage of life s journey you are currently at. Gems of wisdom and life-strategies that include a wide variety of topics: -Start a Rant Journal -Be a life-long learner -Ditch the word: RETIRE -Act like a kid! -Fight ageism, every day -The wonder of the human body -Dwell on what you CAN do -It s never too late for romance .and many more. Each one, celebrating and embracing the miracle of life. Providing helpful and easy to implement ways how to make the most of every day. And to feel in control and at your best: mentally, emotionally and physically, no matter what your current age is. A book for everyone who has ever grappled with the inevitability of death. And haven t we all? If you have faced the...



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