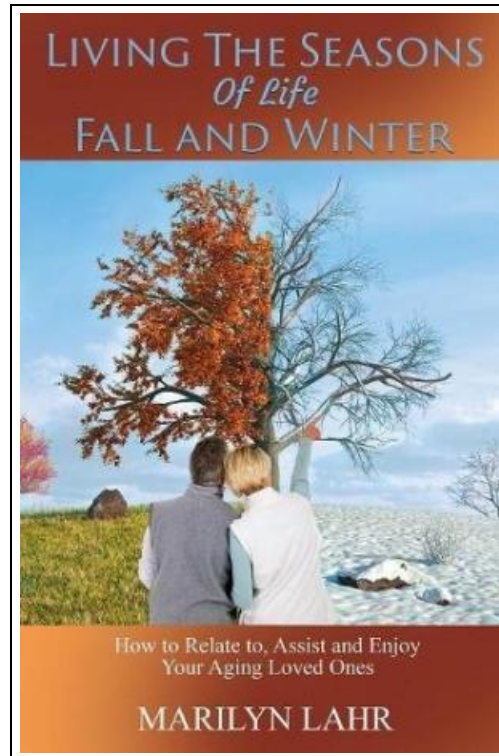


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Xulon Press, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. No one told us how to grow old - what was coming or how to navigate it well. Just as we are entering the Autumn of our lives our loved ones are entering Winter. Are we prepared to help them navigate their aging process? In Fall we find ourselves finally free from much of the obligations of Summer. Children are grown, and we are better established in life but it is also the season when we realize ourselves as beginning to age, perhaps having that awareness for the first time. In this book you will find ways to make the most of both of these Seasons gracefully and how to help your loved ones through the often most difficult season of all - Winter. This book speaks clearly to the fears, wants and needs that come with aging and how to make the transitions necessary with love and grace and even create some of the best times of your life, for you and for your loved ones. There are many practical answers to your questions and many suggestions on how to move forward. Her words are practical, straight-forward, and compassionate. You can use this as a workbook to which you can refer for all the years to come to live gracefully and joyfully through the Fall and Winter of life.



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