



## You re Never Too Old to Stay Young: A Must-Read Behavioral Guide to Aging with Smarts Dignity (Paperback)

By Stephanie Sunshine Pincus

AUTHORHOUSE, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is particularly written for older adults, and could not be any easier to read! It is a fantastic book - not about medicine or medical ways to improve physical health. It is about improving your mental and emotional health. It is a behavioral guide to living and aging with the right information and wisdom to help your all around life and well being. This book is about: Keeping sane and safe Caregiving for the impaired elderly Retirement and economics Family, friendship, intimacy and sex Loving and forgiveness It has a myriad of helpful hints to age better and with more self-esteem. Staying younger is up to you - Giving you the right knowledge to do so is up to me, and I m honored to do it! And, P.S. - Me Hablo Espanol! Feel free to visit my Interactive Webpage at: // With love, Stephanie Sunshine Pincus.

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