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Aging...Get Over It!: Do-It-Yourself-Aging/A Survival Manual

Anne Harbison Lucas

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Aging…Get Over It! is the first of the books Baby Boomers and GenXers need to read to gain mastery over their later years. Aging…Get Over It! eases the effort of facing the realities of aging and offers workable solutions. The lessons and exercises are divided into two categories and are further broken down into six tasks: Part l. Think Right: Healthy Mind, Satisfying Family Relationships, and Strong Faith Part 2. Do Right: Healthy Body, Financial-Legal Arrangements, and Rewarding Community and Care Planning. This is a highly practical and gutsy survival manual for everyone over 50 who intends to maintain control over the rest of their lives.

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