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Seven Ways to Lighten Your Life Before You Kick the Bucket

Walt Hopkins, George F. Simons

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A bucket list is a list of things to do before you die. This book is a guide to ways to live before you die. Whether you have a bucket list or not, the stories and insights in this book offer you seven clear ways to lighten—and enlighten—your life before you kick the bucket. George Simons and Walt Hopkins (international consultants in their mid-seventies) have learned a lot about living well while getting older—and they generously and intimately share those learnings with men and women concerned about aging.

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