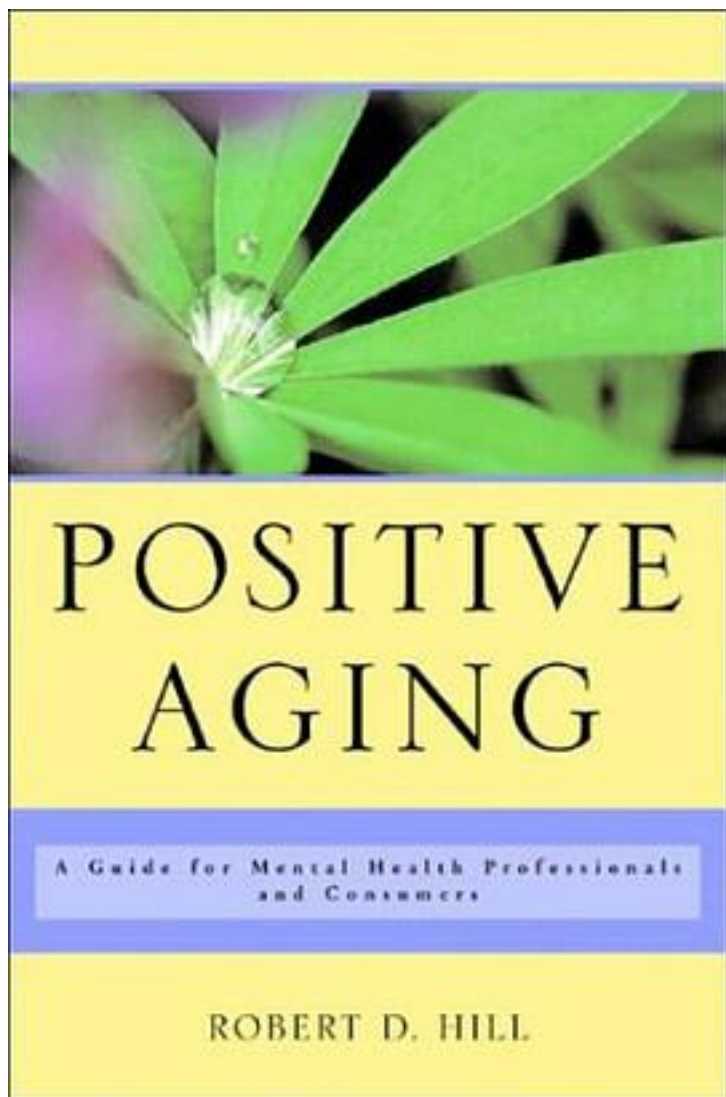


Positive Aging



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Although ageing results in diminished physical and mental capacities, it need not be depressing or upsetting. Robert Hill outlines the principles of positive and healthy ageing, and provides practical strategies to cultivate "positive agers" and a healthy, productive lifestyle.

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