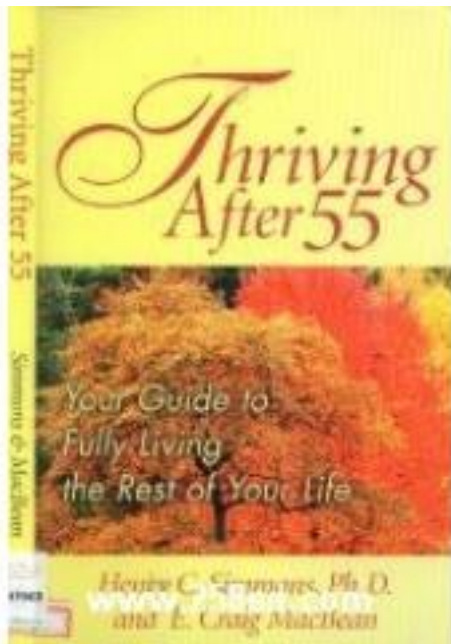


# Thriving After 55: Your Guide to Fully Living the Rest of Your Life



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SECTION ONE  
Introduction  
Aging happens. And with advances in various technologies it happens to more people every day. It will probably happen to you. How it happens is a variable and maybe the variable and your experience of aging is up to you. We would like to empower you to engage aging without either succumbing to it or trying to overpower it. We wish for you the experience of the possibility of living your life fully and thriving--right to your last breath. Only those who accept the reality that they are aging day by day who confront the possibility of frailty and the inevitability of death have the wisdom to plan for it and the courage to

>embracei¼Œ the rest of their lives with exuberance.<br> You have choicesi¼Œ of course. You can deny agingi¼Œ or try to<br>control iti¼Œ but that is ultimately a losing proposition. When<br>

作者介绍:

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