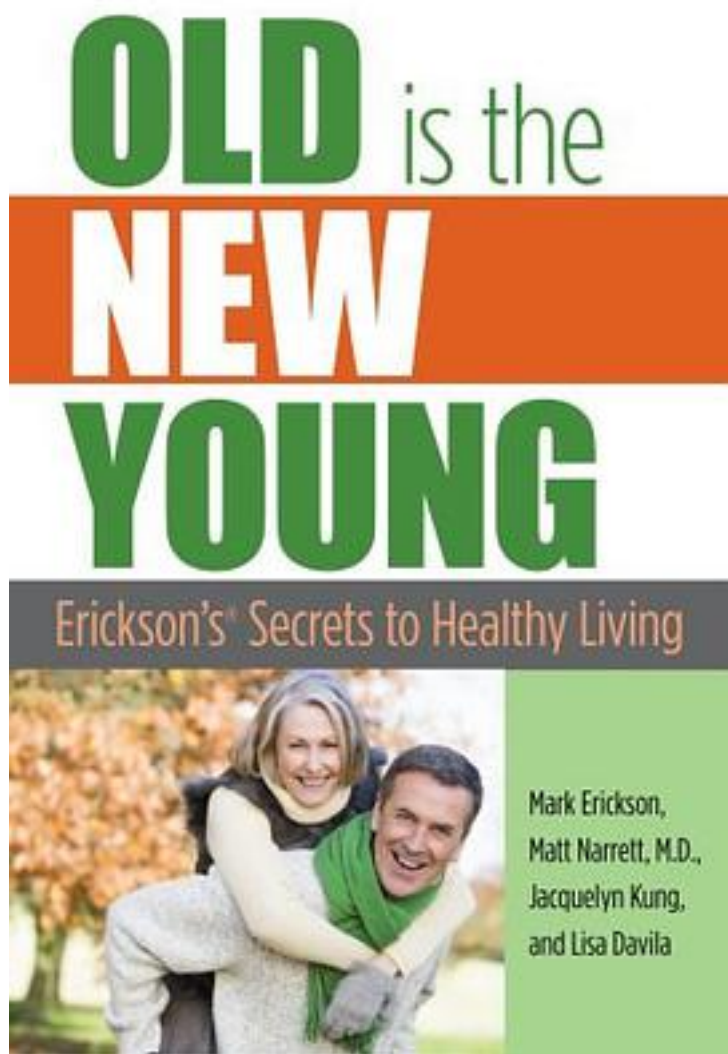


# Old is the New Young



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George Burns once remarked, "You can't help getting older, but you can help getting old." With twenty-five years of experience working with seniors and studying aging, the Erickson Corporation has amassed a wealth of insights that support this maxim. In "Old Is the New Young," three leading specialists take the latest clinical research findings on aging and how to improve and maintain health to produce a one-of-a-kind book replete with easily accessible tools and "simple" steps that all those over fifty can apply to their own lives. "" "Old is the New Young" approaches aging as a three-part process: keeping what's intact; recovering what's been lost; and compensating when necessary. Weaving in inspiring life stories with plenty of laughs from seniors themselves, it comprises four sections that address the key aspects of life--mental, physical, social, and financial--and how to keep them thriving as we grow . . . "young."

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