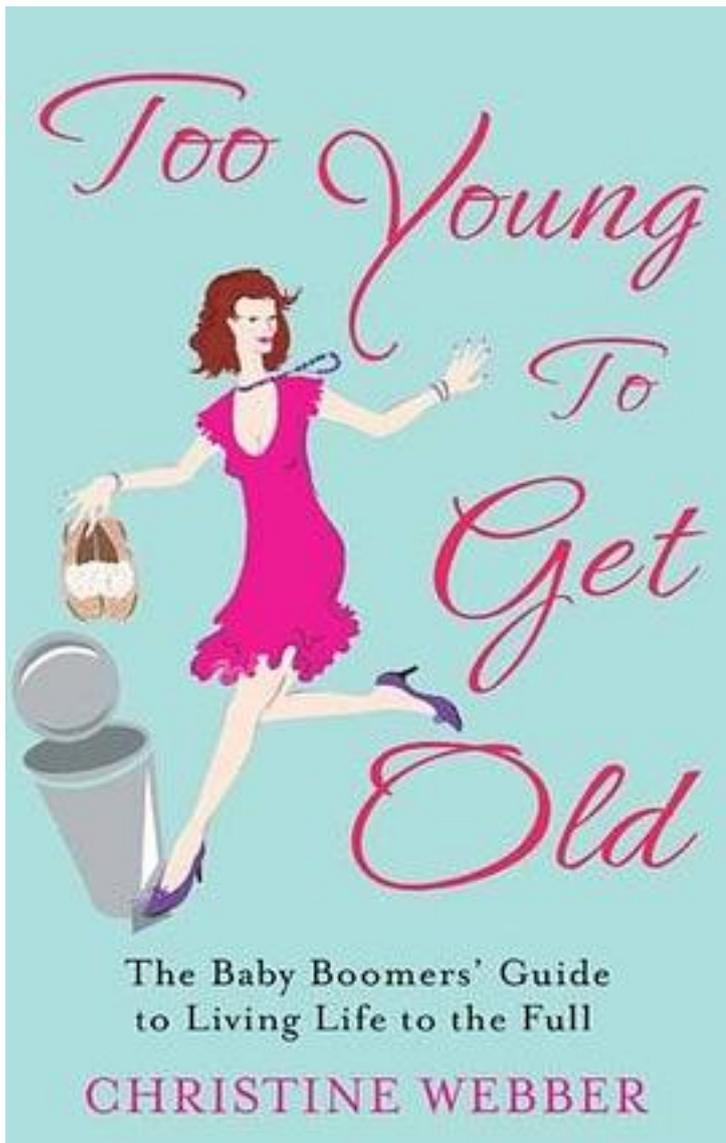


Too Young to Get Old



[Too Young to Get Old 下载链接1](#)

著者:Christine Webber

出版者:Piatkus Books

出版时间:2010-02-04

装帧:Paperback

isbn:9780749942762

TOO YOUNG TO GET OLD is a celebratory and informative book for the female 50 plus reader who wants to enjoy life to the full and face the passing years with style. Lively, positive and insightful, mixed with a little self help, a little nostalgia and an underpinning of psychology, Christine Webber's chapters include 'Let's Keep Rocking and Rolling', 'Too Young to Retire', 'Money, Money, Money', 'Feeling Absolutely Fabulous', 'All in the Mind', 'Live Long and Prosper', 'If You've Got It, Flaunt It', 'Because We're Worth It', 'Endless Love', 'With a Little Help from My Friends', 'No Place Like Home' and 'The Time Of Our Lives'. She explores how babyboomers are reinventing retirement and goes on to address head on topics such as sex and relationships, the importance of friendships, where to live, money, keeping the brain alert, health and anti-ageing claims. Here is a lively, honest, entertaining and informed guide to the most important information you need to know on how to live as well and as healthily as you can for as long as you can - and enjoy every minute of it!

作者介绍:

目录:

[Too Young to Get Old 下载链接1](#)

标签

评论

[Too Young to Get Old 下载链接1](#)

书评

[Too Young to Get Old 下载链接1](#)