



# Getting Over Growing Older

A HUMOROUS MEMOIR OF DISCOVERING  
THE CHALLENGES OF AGING

BRIGITTE NIOCHE



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## Getting Over Growing Older: A Humorous Memoir of Discovering the Challenges of Aging



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No matter your age, staying positive will keep you young. Through her charming, often self-effacing memoir, accentuated by cartoons from The New Yorker that spotlight the ups and downs of growing older, you'll learn to embrace this chapter you will ever have as a new beginning that can open up a world filled up with joy and pleasure. In this down-to-earth guide, entrepreneur, style consultant, and previous model Brigitte Nioche shares her personal experience of getting older, keeping positive, and finding your way through the challenges ahead. Inside our youth-oriented culture, growing older is a challenge for an incredible number of baby boomers. If you are not prepared to be outdated, it's time so you can get Over Growing Old. To help you find your way, Brigitte shares: • her secrets for staying young and healthy, • tips on using make-up and clothing to look youthful and feel better, • why you're never too old for sex, • tips for staying connected in a changing world, • tips for keeping a positive outlook as you age group.



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can help us feel happy and positive towards life I admire Brigitte's good attitude towards life. I know that if we - the aging females - follow her information, it will help us to forget about our lines and wrinkles, gray hair, and aging bodies. Nevertheless, this does not mean that she suggests for all of us to let ourselves go. Brigitte Nioche's interpretation of lifestyle and her approach and also her information left me looking forward to my old age with optimism and joy. Thank you, Bridgette? Brigitte Nioche's timely publication provides insightful and good sense tips for how to navigate something most of us hope to achieve---I As a psychologist people come if you ask me with all sorts of issues, including aging. I assure you that, we ladies of certain age group, not only will like reading "Getting Over Growing Older," but will certainly benefit from Brigitte's useful guidance about things you can do for keeping positive, feeling youthful, beautiful, and healthy. Grace and humor--a need to read for anyone "growing older"! Warm and wise guidance from a remarkable woman Aging is a subject that fills many people with dread, so that it is wonderfully refreshing to read a light hearted treatment of the subject that simultaneously offers thus much wise information. She said that RECOVERING FROM Growing Older arrived in her life simply at the perfect time!! I found the author's perspective and recommendations quite refreshing. She offers personal tales to illustrate her factors, and some are very touching. For individuals who think they are too older for sex, the author's amusing anecdotes may result in new consideration! Thanks so much for this book! Practical and Witty Inspiration for Women More than Sixty (an excellent gift for moms and grandmas) I bought this book for my mother who simply turned 60, who I think is more beautiful than ever. Nonetheless it wasn't until I provided her the reserve and she started reading it that she admitted if you ask me what problems she experienced adjusting to her modern and all the physical changes that go long with it. Brigitte Nioche offers clearly lived her life well and in this publication she generously shares some exceptional tips we can all make use of, along with some wonderful and entertaining anecdotes of her own encounters. She was influenced by Brigitte Nioche's love of life and positivity, and was also pleased with all the useful beauty and self-care guidelines. She's now determined to take more time to pamper herself and make sure she looks and seems the best she can. I completed the book feeling like I had simply enjoyed a wide-ranging afternoon speak to an excellent (and entertaining) friend.. Like this lady! Brigitte assists us make that trip with just a little class, just a little humor, a lot of good assistance no fear.. remarkable encounters made scanning this book so very much fun! Yes, impressive. I enthusiastically embrace a lot of her ideas on this subject. Loved this book! Don't be! Readers who have issues with their health might find it sometimes hard to check out certain ideas and could be discouraged with the cheerfulness of some remarks.! I think my very favorite part of this book is the "happiness collection... I recommend this publication for all ages, men & women alike!! The other important factor she stresses upon is usually to keep active and be helpful to others, specifically the needy, which, can help us feel content and positive towards lifestyle. Brigitte Nioche's timely book provides insightful and common sense tips for how to navigate something most of us desire to achieve---leading a happy and healthy life as we get older. Ms.and fun! I REALLY LIKE the author's positive attitude, but I don't believe she's over getting older. This is a reserve that I would recommend without reservation to my sufferers of all ages. Keep up the good work, Brigitte! Fun and sincere find out about timeless subjects! Just what a fun book to read about the timeless issue - aging! Relationship issues, family dynamics, our desire to be liked and feel beautiful, irrespective of age - a few topics the author brings up in her publication in a lighthearted and, simultaneously, most sincere method.sex carry out matter for just about any human being, rather than less than ever before! Though it might be perceived as geared towards the audience within their golden years, being a few decades away from that time for me personally, I realized, that whenever you certainly are a senior, appreciation, attention, fashion, love and... The publication made me rethink my very own relationship with my loved ones, especially my mother! Recommend for an easy continue reading some very serious subjects. Yes, we all get older; When was the last time you noticed your grandmother discuss these? Like she says, you're only as previous as you feel, and having connections with people and having a feeling of purpose are the best ways to keep feeling young... There are helpful guides to boost your appearance and closet.. Great book!! Besides an excellent publication for yourself, it would also be a great gift for that older friend or relative in your life.... Full disclosure: I bought the publication (now titled Living Longer, Living Well) because We was about to interview the author, Brigitte Nioche for a swries we're doing about older women and beauty/health/fashion on my Searching for ghe True You Youtube site. Love this book! All I can

day is, buy this publication! Probably the most captivating, insightful, practical and meaningful treatises on ageing well. It really is well organized and walks you through the thought process of not thinking about your age but living and savoring your life. I highly recommend it. Brigitte presents a wealth of details that, if followed, will make our lives so much more pleasurable than otherwise. If we all were to approach existence with her joie de vivre, the world would be so much better! Enjoyable Reading and Practical Ideas This author's engaging writing style makes her publication easy reading, and she offers good sense (which everybody knows isn't so common), practical guidance that is easy to implement. Nothing at all "downer" here, simply joyful details. But I'm fairly discriminating when it involves good writing and useful assistance. Love this book! Spot on - a welcome (and humorous) method of happy aging.. I recommend this enchanting and entertaining book. I've heard that "advice giving" is always autobiographical.. Quite the contrary! Loved it! And, was generous enough to talk about her insights with this book. Nioche has learned--is to remain positive, keep doing, appearance your best and live your very best life every day time! It is a straightforward read and opens you up to world you might not be aware is out here for you yourself to enjoy. it could be found and read chapter-by-chapter at will but, I individually sat down and browse it cover-to-cover at one sitting, often smiling. And, have found myself going back every once in awhile to re-examine an observation that struck me as particularly helpful. I recommend this book for each woman, irrespective of your actual age. the key--as Ms. The countless useful tips and hints are excellent for everyday existence and give you a fresh and sometimes unexpected watch of your very private behaviour. I thoroughly enjoyed to read this book. A great reserve to keep smiling while getting older! What's extremely positive is the writing which is definitely light and easy to read - the chapters tend to be quite funny and cause you to smile. share that love with others! A joy to read Scanning this book invigorated me! Nioche has plenty of great tips on things to maintain you feeling connected-staying touching culture by likely to films, dating, having sex, going. Great publication! In her book Getting Over GETTING OLDER author Brigitte Nioche talks about growing older square in the eye and says, "go ahead punk make my day." I assume if we're honest most of us worry about aging. Nevertheless as the saying goes, the joy is in the trip!. If you are worried about getting older focus on this book. It will help you change your mind. I received a copy of this book in exchange for a genuine review I highly recommend this book for each and every woman, regardless of your age. It is a straightforward read that leaves you uplifted! An excellent publication to keep smiling while getting older!! On the contrary, the writer teaches ways and techniques by which women can appear and feel younger and even more glamorous. I LOVE the author's good attitude Certainly have mixed feelings concerning this one!. Imagine rejuvenating your internal circle with optimism that is founded on reality and fantastic methods to have everyone feel worthy, making a notable difference and living a fulfilled and happy life before very end!! I really like the idea that we enjoy in life NEVER needs to end due to our age. Thank you Brigitte, thanks to your book I have a fresh outlook on what I'll approach my later years. Heartily recommend this reserve to anyone who checks the mirror for that one grey hair or minuscule laugh line--you'll be happy to read how a smart and savvy lady "got over growing older" with grace and humor. The book is simple to learn, never "preachy" or full of "shoulds"; Brigitte's love forever & But I'm pretty discriminating when it comes to good writing and useful . or has gone out here for you yourself to appreciate when your later years arrive!! I enjoyed reading this book. As many folks in my immediate circle have retired and are retiring I often hear discouraged voices dreading their times after retiring, and this is a book I will gift them! Brigitte believes in living existence to the fullest and we should all stick to her example. This publication would make an excellent show mark those "particular " birthdays that people might in any other case be reluctant to face? Pick any number." She discusses stopping to observe nice occasions, storing them aside to keep in mind later. I think that's a fantastic idea, both for the recollections and to help better value the moment. Sense grateful makes us happier, and savoring the nice moments makes you feel good not just if you are old and remember them, however now as well. We all struggle with the procedure of aging but most of us hope not to be tortured by growing older. The joy is in the journey Travel, style, optimism and picture.. And, Brigitte expertly weaves vignettes from her personal life story into these charming ideas on what NOT to fall in to the trap of convinced that once one can be a "certain age", life adjustments, usually for the most severe.all great concepts. It is well laid out and walks . I think she's right about keeping up too, in the event that you look good on the outside, you'll feel good inside. That being said, she is, I believe, still delicate about her age.Find

something you love & This book makes you think of how you you live your life and what you can do to change it. I'd have liked to find her own it. She's wonderful advice, amazing storied, and fantastic perspective.



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