

Seven Ways to Lighten Your Life Before You Kick the Bucket



**Walt Hopkins &
George Simons**

Walt Hopkins

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A bucket list is a listing of things to do before you die. George Simons and Walt Hopkins (international consultants in their mid-seventies) have discovered a whole lot about living well while getting older— Whether you have a bucket list or not, the tales and insights in this reserve offer you seven clear methods to lighten—and they generously and intimately share those learnings with women and men concerned about aging.your life before you kick the bucket. This book is helpful information to methods to live before you die.and enlighten—



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Okay, but must have been an content rather than a book I bought this for a pal about to convert 50, but cheated and go through it first. I'm happy I did, because I finished up NOT providing it as a gift. We British in particular have sort of level of resistance, grounded in shyness or dread, which results in severe discomfort when it comes to tackling existence's big questions like – What's happiness? Well done. If they hadn't stated that, I wouldn't have known it because it's universally created for men and women. Once I browse who their market was, I wondered why they were so unnecessarily self-limiting. But in many areas the book can be idiosyncratic and personal - and it's the anecdotes you remember. As a reader approaching 70, this is a great information to reorganizing your daily life lists. The authors point out that there are plenty of ways to handle a "to accomplish" list other than by "doing" the items on the list - other ways to give the opportunities to others or simply to say "no. Women along with men from middle age can take advantage of the concepts offered about how to lighten the responsibility of obligations, objectives and 'stuff' most of us tend to carry around, and how to tune into and make optimal use of all the positives we've been blessed with. I've implemented Walt's wisdom for many years, and this information will help me utilize the (hopefully plentiful) period I have left to spotlight what's meaningful, fun, and friendly. You don't have to be previous to find this specific - it might be best for anybody who feels they're too busy for the life they want Zero hole in this bucket! I would give this book an excellent review even if one of my oldest and dearest friends didn't write it! It's a refreshing perspective and an extremely pleasant read. Definitely makes a great gift too. Certainly, they are unapologetic about owned by this least trendy of demographic groups and their book can be illuminated by a self-confidence and optimism nearly shocking in individuals who by rights should be moaning about the size of their pensions and the condition of the National Wellness Providers (British and French respectively). Written with a feeling of humor, it draws you through a useful procedure to lighten your load. Precisely what I need now when my "free of charge and easy living" appears a lifetime ago, because I let myself get caught in the bog of modern living! In describing the seven methods to empty your life of irrelevancies and fill it with meaning the advice makes sense, the tone business-like and down-to-earth. As another professional teaching these topics on another continent, I discover people struggling for answers on downsizing and maturing well. Many good suggestions. What a kick to read these two men's views of how exactly to enrich life in the 'elder' lane. Many good suggestions. EFG Excellent read. Excellent read. With elegance, wit and wisdom, these professional and incredibly human guys help us notice the concerns of aging well that are often hiding at the advantage of our awareness. Five Stars Reading it certainly makes you think lengthy and hard about existence and the closing of it. He complies of training course, but has discovered that if he expands his belly at the same time his trousers will fall circular his ankles and cause great consternation among the security personnel. While we can find concrete path and tips rather conveniently these days, the true queries that matter are usually only partially comprehended and the answers elusive. Walt and George offer guidance and opportunities for reflection on our very own journeys, offering thoughtful and frequently hilarious direction. One thing they did to bomb their very own book: they say it's written for males. Despite their now being residents of Scotland and France, this is an extremely American book. This is a book for people who can easily see the bucket looming in the length, but desire to empty it of each last drop before giving it the final kick. They admit this. Charming and True This delightful book can brighten your life while it helps you lighten your life. Rather they have selected to write a self-help reserve – “about living completely while emptying the bucket totally before you kick it. These American writers tackle these questions head on and present their answers with a confidence and pragmatism that I can only admire. One of the authors, Walt Hopkins, is an organizational trainer and business consultant, the additional, George Simons, a well-respected intercultural specialist. How exactly to Kick the Bucket with Style That is a book compiled by two old, white, bearded men. There are many very good ideas in this, but it requires a lot of wading through repetition and odd jokes to get to it. How do we business lead fulfilling lives? Because of this we may joke about the questions , or react with cynicism to tries to answer them. How

should we live as we get closer to dying?" This is a book written by men born and raised within 20 miles of each other in northern Ohio, both of whom now live in Europe, and who've spent their lives travelling and working worldwide. It may end up being that this publication is a flowering of seeds sown in the US in the 1960's, within their youth, when the words peace, love and understanding weren't an ironic slogan but a groundbreaking message and a statement of intent shared by many young people of the time. But overlying the interest in mind and spirit and the belief in a better tomorrow which shine through this publication will be the lessons the authors discovered later in their long, occupied, lives. The Bucket Book was compiled by two intelligent, thoughtful, well-educated men. But here to help you out of the bog or doldrums is this very fun guide by some very smart guys. Warm insights on figuring out what's essential and what's better ducked or chucked. Like the times at airport security when George is frequently asked to remove his braces. These authors speak from knowledge, both professional and personal. So naturally he does it whenever he can. In the introduction the authors make no bones about the book being written, "by older guys for other older guys." Despite not being truly a guy (and indeed as an over-the-hill doll) I didn't feel excluded at all, because women get older too and we also make an effort to make feeling of days gone by and need to determine how to form our futures. The "outdated" is relative of program, based on how advanced in years you are yourself, but at well over 70 they are no spring chickens. Dumping the junk and continue with the joys I'd say that book can be extremely useful to 'way a lot more than 'old geezers', the authors' primary target audience!" Their language is multi-colored, starting with Chucklet, Shucket, and Ducklet, then moving to additional rhymes with bucket that you can imagine. Simons and Hopkins. The authors set a light-hearted tone and make use of many personal and vivid good examples to illustrate their points. Casting everything in 'sevens' (seven chapters, seven ideas or actions per chapter) comes across as a bit pressured or gimmicky but this didn't detract significantly from my reading enjoyment.



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