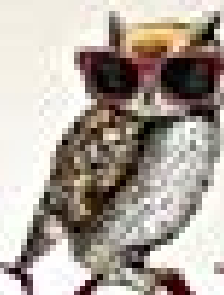


SIMCHA GOTTLIEB &
FRUMMA ROSENBERG-GOTTLIEB



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MAKE YOUR THIRD Work SPECTACULAR! More than 10,000 Us citizens are retiring every day. But Awesome Maturing is not about retiring; Their fresh book blends the best of leading-advantage scientific study with the essence of millennia-previous wisdom traditions, marinated in tales gleaned from rich lifestyle encounter. It's your time to shine. Let go of worry and stress Live in the now and manage time successfully Transform loneliness and rekindle romance Nourish intimate friendships and family members ties Function and play without imaginary restrictions Achieve wholeness, wellness, and robust health Unleash innovative energy and rewrite your daily life story Break free of the shackles of period and grow more youthful than yesterday! Simcha and Frumma Gottlieb have spent decades in the trenches of education, health and fitness, personal growth and emotional intelligence. it's about redefining—making the 3rd Act of existence meaningful, joyful, and effective. We are receiving better constantly. When the mind and heart are on the same page, whenever a clear feeling of lifestyle's purpose inspires us and aligns our actions with this innermost intent, not even the sky is the limit.



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You will treasure this book! That is a book you will want to read, take notes, and refer to often over. I liked the authors' enthusiasm and perspective to reframe aging as an adventure. There are so many lessons to eliminate from this reserve. I am informing everyone about the "about a minute mediation" and the section about "mother-in-laws" should be required reading! Now we seem to be stuck in a quagmire of polarization, hate, comprehensive loss of integrity and leadership—not really unlike the Nixon years when you think about it. I'm going through ... I am loving this book. A Wise, Fun, Inspirational Read Searching for a publication on retirement, I discovered AWESOME AGING accidentally, but I'm thus glad I did. I actually am sending copies to all of my in-laws and regulations and my parents. But if you're looking for a exclusive read—filled with wisdom and humor and practical guidance—check out AWESOME AGING! I am going through it with a highlighter - because on just about any web page there's at least one phrase that I have to highlight because it is so foundational and impactful. Groovy Owl in cover Got this hot off the press and loved it! That feeling offers dissipated over the decades, of course. I am loving this reserve. I highly recommend it! If you're looking for a reserve on investing your 401k or refinancing your home loan, you can buy 10 books on these topics on Amazon or your local bookstore, and this book is probably not for you. It really is profoundly helpful and inspirational to think deeply about the (hopefully) upcoming "third action" as you in amid a "second act". As a baby boomer, I recall the 60s, when wish and idealism reigned and anything seemed possible for my generation. An easy and interesting read, highly recommend this book. This book is similar to 10 books in one This book is like 10 books in one. It offers so many wonderful suggestions and techniques. The authors recognize this dilemma and find the solution in personal renewal and reinvention—through spirituality, emotional intelligence, intimacy, and communication with this mates, friends, and children.



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