

GERALD G. JAMPOLSKY, M.D.

BESTSELLING AUTHOR OF LOVE IS LETTING GO OF FEAR

DIANE V. CIRINCIONE, PH.D.

# Aging WITH Attitude

"Read two pages of *Aging with Attitude* every morning for the rest of your life and you will handle whatever comes your way with grace and joy."

— Willford Welch, Author, *The Tactics of Hope*

*Gerald G. Jampolsky M.D.*

## **Aging With Attitude**



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Compiled by bestselling authors Gerald G. Drawing from the concepts of Attitudinal Curing, this upbeat, positive book conveys simple but effective guidelines for aging with grace, openness, and a childlike feeling of wonder. Heartfelt tales about people within their 70s, 80s and beyond demonstrate how others have applied these boundless presents, illustrating the many methods Attitudinal Healing can change your lives and the lives of these all around us., and Diane Cirincione, Ph.D, this book will change your mind on the subject of aging. In these pages you'll learn how your fears about maturing are reversible, and how you can live in a awareness of giving, making forgiveness and love a means of life. It provides inspiring fresh perceptions for living the next half you will ever have with inner peace, pleasure, and tranquility, whatever could be happening to the body and brain. Jampolsky, M.D. Praised by readers from 30 to 90-plus years, this is a must read for everyone who has started to think about aging.



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This is an ideal gift to give other Baby-Boomers and Elders - who need an uplifting reminder; Right on. Jampolsky and Cirincione possess made a significant contribution to help us in our third third of existence. Judith Wright, and I were delighted at the lighthearted method of such profound wisdom. Drs. My partner, Dr. They even consider you by the hands and gently take us through meditations to begin with our day. especially when they are feeling creaky. Browse it, laugh, and become inspired as you check out the face of your feasible self. My clients touch upon fun excerpts they enjoy from it Aging with Attitude is certainly delightful, insightful, and inspiring. I positioned it in the toilet of my healing office where it will in fact be read more regularly than if it was on the shelf. Aging with enthusiasm for the joy, fun and contentment that only an open center and mind can bring really appeals to me. Many thanks for efficiency and to carry this useful, informative reserve." Jerry and Diane possess both been positive psychology pioneers and proponents for our willingness to change our attitudes to produce a happier and more loving sense of well being. In the end, 'Our projections are our perceptions'. (Course In Miracles).Directly on for the third third and so a lot more! Aging with attitude takes attitudinal curing into our everyday living. Merrily Milmo, CMT, QHHT, Bodywhisper™ practitioner Another wonderfully inspiring reserve by Dr. Jampolsky! I am loving reading this book! I will even buy more copies for my friends and sufferers. Jampolsky and student needless to say in Miracles. My clients comment on fun excerpts they appreciate from it. Attitude Adjustment Worth owning. Fabulous, inspiring book for all those who are ... Fabulous, inspiring book for all those who are entering the last phases of our lives.If you are acquiring any fear entering your mind concerning the end phase you will ever have you need to definitely read this!Vic Straight talk wireless for the boom generation What a joy to get another book from Jerry and Diane. Neither need any recommendations. To know them is to love them. Great service Book arrived in excellent time and in the problem noted. I am getting a much needed roadmap guideline in this reserve! What an unusual message in this point in time of negativity and strife! Go through it, PONDER, it's message, expect many miracles Outstanding Read atlanta divorce attorneys Way! Dr's Jerry and Diane have written another wonderful piece on ( us the elderly ) healing our attitudes while we age. This book was given to me as a gift and I will cherish it as I do all of their books. In a day and time when many of the elderly are forgotten, overlooked of a whole lot worse,,,Jerry and Diane instruction all of us towards healing our hearts and minds, after that extending this peace and love to others around us. In fact, I suspect that young folks than we have been would revel in the look at the possibilities of aging presented right here. The centerpiece of this read,,is giving illustrations and stories and people who have been through difficult instances,,while understanding how to "see things in different ways". They also found purpose and enthusiasm within their

struggles. They discovered that "Like is letting go of Dread",,,as Jerry writes in his first book. Author points the ideal solution for health, peace, pleasure. I am quite a long time fan of Dr.. Five Stars It was a wonderful reserve all his books I have read so much i would suggest everyone read Thanks Great Five Stars Great book! Jerry most likely won't mind me saying this since his last publication was titled "Oh S\*\*\*!



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