

PAMELA D. BLAIR, PhD

getting older better

The Best
Advice
Ever on
Money,
Health,
Creativity,
Sex,
Work,
Retirement,
and More

Pamela D. Blair PhD

Getting Older Better: The Best Advice Ever on Money, Health, Creativity, Sex, Work, Retirement, and More



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Pamela Blair, a psychotherapist in her 60s, has a few things to say about aging. Everything you need to know about ageing but were too busy living to talk to. Open this reserve to any web page and find among over 100 brief, kickstarting essays and journaling queries for moving into your third work with a feeling of adventure and probability. Allow Pamela Blair will guide you through the thoughts and emotions about aging which may be dragging you down. From the book: Your body is changing, your family and friends are changing, your strength and speed of mental processing are changing, and your priorities are changing. Acceptance? If change means unpleasant loss and disappointment, I say no, I don't wish any of that! How are you coping with these changes? For me, if acceptance means "acceptance," I say no, We don't approve of some of what is happening as I age. If acceptance means I will work change into my life, then I say yes. Denial? (And do I have a choice?) If modification means growth, forward motion, and a refreshed attitude, I state yes! Blair offers dozens of practical and motivational tips for handling everything from health insurance and libido to the death of a spouse, money, legacy, and more. Let her stage the way to a different, optimistic and clear eyed, way of getting older--better. Previously published because the Next Fifty Years.



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... Blair gives a very optimistic watch toward retirement and aging. It is designed in many different sections and for the reader to create a journal while reading the book (however, not necessary). She talks about retirement as a new and exciting chapter in your daily life not really a retreat from lifestyle. She suggests that folks are living longer and that soon 90 would be the new 80! I would recommend this publication to anyone considering retirement or in the early years of retirement looking for a guide. A companion to aging very well! One woman I understand places everything she really wants to remember to take with her straight in front of the door so she can't get out without tripping on her behalf end. Blair shares her thoughts about aging via more than 100 short essays GETTING Old BETTER: THE VERY BEST ADVICE EVER Upon MONEY, HEALTH, CREATIVITY, SEX, Function, Pension AND MORE (Hampton Roads Publishing Company) simply by Pamela D. I specifically appreciate a few of the lighter occasions offered along with more serious topics. The author's willingness to talk about her own tales "for better or worse" will assure you that you are not alone. I found this book very inspiring! Excellent book I loved this publication and bought a duplicate for my sister. Inspiring and insightful. Five Stars Awesome book Good Read Sobering and fun read. It's a good read for retired persons wondering if they made the .I recommend this reserve to anyone considering pension or in the .. This book will be your companion to maturing well! I love how she began each section with a quotation, like this one from Peg Bracken about losing things: "You can decline to look for items you misplace. Great info - thank you Covers all areas of getting older and getting into the retirement years - not just financial issues, that there are a plethora of assets. Great info - many thanks! My spot is normally on the dining room table where I put precisely what has to opt for me in the automobile when I really do my errands; For people like myself at this "booming" stage of life, Getting Older Better is a beacon guiding us to a new energy of gratitude and healthy attitude. Blair. The author, a psychotherapist in her 60s, shares her thoughts about aging via over 100 short essays on such topics as love lives and relationships, wellness, friends and family members, and finances. It's an excellent read for retired people wondering if indeed they made the right choice! Let them discover you." She then gave tips about handling each situation; for example, in the aforementioned: Another way I help myself maintain tracks of things is designating what organizers contact a landing spot. Five Stars Great tips! that's where I put mail to venture out, my keys, my cellphone, my purse and the bag for the Goodwill bin.!. as a gift great book, took it from the library and didn't desire to return it, going to present it to my Mom..



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