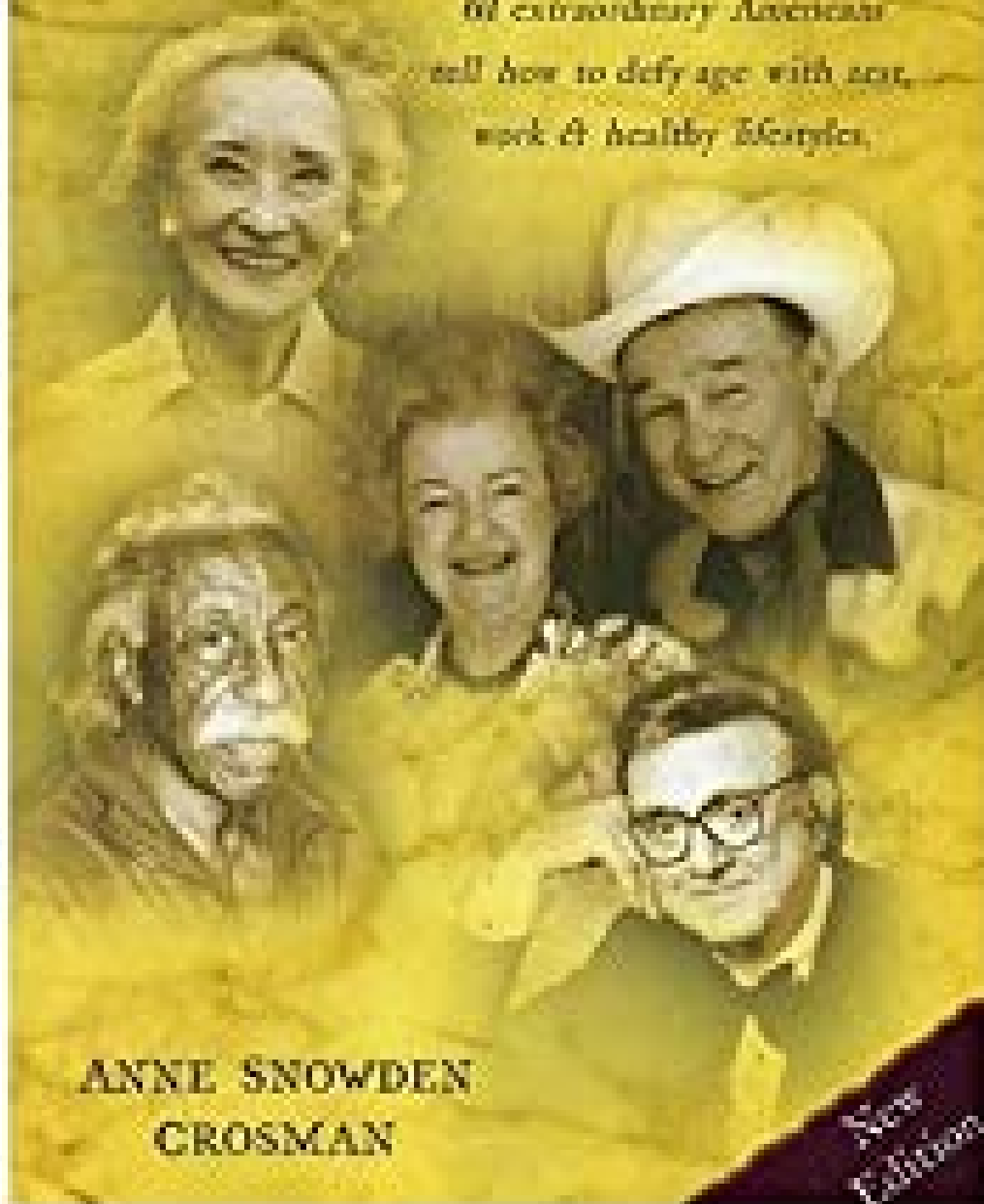


BENJAMIN FRANKLIN AWARD WINNER

YOUNG *at* HEART

*66 extraordinary Americans
tell how to defy age with sex,
work & healthy lifestyles.*



ANNE SNOWDEN
CROSMAN

New
Edition

Anne Snowden Crosman

Young at Heart: Aging Gracefully With Attitude



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Writer Anne Snowden Crosman, inspired by her own parents' graceful aging, interviewed a huge selection of seniors, each of whom continued to lead vibrant lives. To each she posed the same query: That which was their top secret of living long and well? She spoke with the famous and non-popular, those born in this nation and those who acquired immigrated, some who got endured a hard life, others who had known a lifestyle of privilege.



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Assuming that I'll live, HOW will I live? After all... sixty. Sixty will be a new age for me personally. And the key is easy -- stay active.. As a psychotherapist and faculty member at numerous teaching institutes Personally i think her book is a worthwhile read for any pupil or professional working in the area of aging. who understands? Young in mind is truly uplifting, it is a must browse and essential share. Function models for a new age By a "new age," I don't mean the Age of Aquarius. "Young in mind: Aging Gracefully with Attitude" includes fifty-seven or so interviews with good part versions. Crosman says she posed them the same issue: "What was their secret of living very long and well?" You can find no pat answers. Crosman says up front that their key was "never to dwell on aging," but that's no reply. They (she) inspires us to keep reaching, developing, experiencing all our lives have to offer. The choice in the book regarding Werboff extremely beautifully summarized and encapsulated my own impressions of Werboff when I fulfilled him myself, in the past, which I include below for anybody wishing to find out more about this unusual man who indeed, even in his eighties, when I was luckily enough to meet him, was still so young at heart and had indeed aged so gracefully but without ever having dropped his impressive degree of "attitude". The style is journalistic. This, Crosman says, is what old people who are living well do, and how they do it. The majority of the interviewees possess unsentimental, no-nonsense attitudes. They don't really say aging is excellent. to assist you understand and value your parents and grandparents. "The book does not consist of abstract advice. It really is fact on reality, seemingly prosaic detail on detail. the language is plain and colloquial. It doesn't experience inspirational in the usual sense; Yet something comes through. If I--well, OK, I cannot escape the tune lyrics--If I will survive to 100 and five--nobody is going to be able to tell me personally what _I_ should do for myself. But this is what other folks are doing. Here are people who have explored that territory and Anne Snowden Crosman has taken their reports back again. I believe this book would be a good present for anyone approaching retirement. Oh, the interviews are with Steve Allen, Ray Geiger, Lina Berle, Malcolm Boyd, Sammy Cahn, Ressa Clute, Elizabeth and Edmund Campbell, Servando Trujillo, Nien Cheng, Paul Spangler, Georgie Clark, Monk Farnham, Marjory Stonman Douglas, Aveline and Michio Kushi, Edmund deTreville Ellis, Martha Griffiths, Dale Evans and Roy Rogers, Jeanne Beattie Butts, J. Crosman says she posed them the same issue: "What was their secret of living very long and well? The answers--specific, specific, and crackling with energy--arrive out in the interviews. Simplot, Art Linkletter, Mary Sherwood, Sarah Newcomb McClendon, Russell Meyers, Ruth Schick Montgomery, Margaret Chase Smith, Gordon Parks, Ruth Christie Stebbins, Les Paul, John Lautner, Linus Pauling, Jewel Plummer Cobb, Ruth Stafford Peale, Maurice Abravanel, Hank Spalding, Marjorie van Ouwerkerk Miley, Benjamin Spock, Dorothy Davis Bohannon, Billy Taylor, Molly Lawn, and Helen Ver Standig. Famous rather than so celebrities with a zest forever. The many seniors Anne interviewed had different reasons for their longevity, however the over-riding similarity was a ZEST for life. Staying associated with their friends and hobbies was a lot more essential than fame and riches. Statistics say with acceptable luck I will reach that new age, after that seventy, and eighty, and with very all the best ninety, and. Crosman says up front that their secret was "never to dwell on aging," but that's no answer. Part models for a fresh age By a "modern," I don't mean age Aquarius. After all... sixty-two. Sixty-two, which I reach next year, will be a new age for me personally. Sharing their time and talents gave them the drive to remain "Young in mind". "Young at Heart: Aging Gracefully with Attitude" includes fifty-seven or so interviews with good function models.. "You can find zero pat answers. But exactly what will I do? Deal with yourself and loved ones to " Young in mind " .. William Fulbright, Maggie Kuhn,

Patric Hayes, Lillie and Ralph Douglass, Skitch henderson, Helen Kearnes Richards, Theodore Hesburgh, Ruth Warrick, Hildegarde, John Hench, Evelyn Bryan Johnson, Richard Erdoes, George Jones, Lucille Lortel, Ethel Keohane, Michael Werboff, Elisabeth Kubler-Ross, J. who knows? Anne's ability to catch the essence of their spirit produced this a satisfying read, and remaining me inspired. An excellent and MUST OWN reserve. R. The style is journalistic. This, Crosman says, is what old people who are living well perform, and how they perform it. Most of the interviewees possess unsentimental, no-nonsense attitudes. "The book does not consist of abstract advice. Ruth Christie Stebbins says "This business of hip-hooraying being 100 years old--I say anybody who goes when their 80 yrs . old may be the lucky one! They don't say aging is excellent." Piano great Billy Taylor extolled the joys of passing along the gift through mentoring: "I can't give it back to Jo Jones or Art Tatum or Teddy Wilson or some of those guys. It generally does not experience inspirational in the usual sense; the language is basic and colloquial. And yet something comes through. If I--well, OK, I cannot escape the song lyrics--If I will survive to a hundred and five--nobody is going to be able to tell me what _I_ should do for myself. What I found personally charming about the publication is that it offers the fantastic Russian Portrait Painter, MICHAEL WERBOFF, who passed away in 1998 at the ripe old (but "permanently young") age of 99. Listed below are those who have explored that territory and Anne Snowden Crosman has brought their reports back. An inspiring publication for both young and previous! Oh, the interviews are with Steve Allen, Ray Geiger, Lina Berle, Malcolm Boyd, Sammy Cahn, Ressa Clute, Elizabeth and Edmund Campbell, Servando Trujillo, Nien Cheng, Paul Spangler, Georgie Clark, Monk Farnham, Marjory Stonman Douglas, Aveline and Michio Kushi, Edmund deTreville Ellis, Martha Griffiths, Dale Evans and Roy Rogers, Jeanne Beattie Butts, J. William Fulbright, Maggie Kuhn, Patric Hayes, Lillie and Ralph Douglass, Skitch henderson, Helen Kearnes Richards, Theodore Hesburgh, Ruth Warrick, Hildegarde, John Hench, Evelyn Bryan Johnson, Richard Erdoes, George Jones, Lucille Lortel, Ethel Keohane, Michael Werboff, Elisabeth Kubler-Ross, J. A book for all ages. Simplot, Artwork Linkletter, Mary Sherwood, Sarah Newcomb McClendon, Russell Meyers, Ruth Schick Montgomery, Margaret Chase Smith, Gordon Parks, Ruth Christie Stebbins, Les Paul, John Lautner, Linus Pauling, Jewel Plummer Cobb, Ruth Stafford Peale, Maurice Abravanel, Hank Spalding, Marjorie van Ouwerkerk Miley, Benjamin Spock, Dorthy Davis Bohannon, Billy Taylor, Molly Lawn, and Helen Ver Standig. NEXT BEST THING TO MEETING GREATNESS IN PERSON "Young at Heart: Ageing Gracefully With Attitude" is a completely inspiring and illuminating reserve. But this is what other people are doing. It offers me great enjoyment that the author was smart enough to choose to select Michael Werboff as worthy of inclusion in this wonderful book. The answers--specific, specific, and crackling with energy--arrive out in the interviews. This book truly captures the emotions and qualities of mind that all the people included shared with Michael Werboff. It simply raises the next question, How can you perform that? She could capture the different personalities and I experienced like I in fact met with these people personally. 61 extraordinary People in America tell how to age and stay healthy. Statistics say with reasonable good luck I will reach that modern, then seventy, and eighty, and with very all the best ninety, and. Yale Richmond, Washington DC Grace is the tricky part Anne Crosman's "Young in mind" is a thoughtful and loving exploration of the territory of later years, a region many of us would prefer to not listen to about until we get there. Her traveling companions certainly are a well-chosen troupe of simple and fancy folk who've all reached the considerably end of the standard lifespan. Ms. Crosman's journalistic skills are obvious as she does draw out her topics and subject lovers with general queries on

their beliefs, their sights on work, health, like and family. There is general contract on the significance of diet and exercise, continuing the parallel journeys of learning and work unto the end, and the need to nourish and cherish connections with those we love. Asking for advice from her topics to the younger generation, Ms. Crosman teases out responses both thoughtful and amusing. Steve Allen counsels keeping in close contact with your inner child, the sillier the better. Marjorie van Ouwerkerk Miley wrote, while completing her university education at age 81, "Ban all mirrors! It is fact on reality, seemingly prosaic details on detail. They're gone. treasuring each moment as though it had been our last. I experienced very enlightened by what of wisdom from the various men and women, Anne Crosman, the writer, interviewed. I liked her writing style! Young At Heart, Fresh Edition, by Anne Snowden Crosman A marvelous publication, for those already retired or approaching pension. It is the kind of publication I like to get back to when I need just a little motivation. Anne Snowden Crosman has added to the growing literature on aging in a distinctive way. It really proves that everyone folks has a purpose in lifestyle and when we don't understand which, this book offers you the motivation so we are able to always be Young At Heart!But what will I do? People Like ME! In "Young in mind" I came across 58 reasons to continue living and creating. you will not regret it!.. finding joy in the words and occasions shared by the well-known and not so well-known. Through the writer these special people talk about moments, remembrances and an inexhaustable vitality for this most precious commodity... LIFE. It just raises the next question, HOW do you do that?.. A book of wisdom This has been one of the most enjoyable books I've ever read! R... Ruth Christie Stebbins says "This business of hip-hooraying being a century old--I say anybody who goes when their 80 years old may be the lucky one!.. to assist you value your personal opportunities at any age... As a customer, I came across her book to be a wonderful blend of short biographies on both superstars and ordinary folks. Assuming that I'LL live, HOW am i going to live?...I think this book would be a good present for anyone approaching retirement.! Young At Heart can be an ageless book and a reserve for all ages.. also to motivate yourself among others when days feel weighty and hard. Hats off to Ms. The publication also makes an excellent gift for individuals who are elderly and the ones of us who one day are certain to get there! Her interviewees communicate inspiration, creativity and a broader fact in their personal stories about aging. Crosman who is a gifted interviewer and article writer!



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