

Mary Gergen and

Paths to Positive Aging: Dog Days with a Bone and Other Essays



Mary and Ken Gergen are specialized in the reason for reinventing maturing.Drs. To focus on the gains of aging is to recognize that the later years are among the richest & most satisfying of one' This volume can be a treasure trove for erasing the stereotypes that darken the vision of maturing, and encountering the moving years as a marvelous gift. In their dedication to the reconstruction, the Gergens publish the Positive Ageing Newsletter, an electronic newsletter, available in seven languages (www.positiveaging.net). Here the Gergens share ideas and experiences designed to inspire others as they age. It is a persuasive record declaring that we are certainly fortunate to grow old. Adding delightful dimension to these commentaries are photographs they have selected from their very own albums.s lifestyle. A choice collection of their newsletter essays is definitely contained within this book.



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