

*"This is the best book I've ever read about getting older.  
It's clear, grounded in science, enormously practical, and full of heart. A gem!"*  
Rick Hanson, Ph.D., author of  
*"Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness"*

# REJUVENAGING

The Art and  
Science  
of **Growing  
Older  
with  
Enthusiasm**

Dr. Ron Kaiser



Dr Ron Kaiser

## Rejuvenating: The Art and Science of Growing Older with Enthusiasm



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The aging process has historically been regarded as a time of slowing, declining, and "running out the clock." By introducing the idea of REJUVENAGING, psychologist Ron Kaiser offers a blueprint to make the aging process a dynamic and thrilling one. But it's actually never as well early to follow Dr. Kaiser's method for growing older in an active, accomplishing, healthful, and enthusiastic manner by maintaining a wholesome mindset and life-style and by: - Owning the aging process - Mastering the 7 keys to Rejuvenating - Maintaining mind and body productivity throughout your existence - Building strengths to overcome adversities - Experiencing the pleasure of "feeling your age. Kaiser emphasizes, growing older isn't a spectator sport. In case you are in the next half century of lifestyle, this book will make your children jealous because they're not old plenty of to Rejuvenate. With seven keys and countless practical strategies, the reserve draws upon the exciting areas of Positive Psychology and Neuroplasticity to supply assistance for maximizing physical and psychological health, cultural involvements, and improved intellectual functioning during the senior years. As Dr."



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Embrace rejuvenating, and let the author unlock your doorways to a better future, whatever age you are!"This is an essential guide for anyone seeking to do just that. Kaiser, Ph.D." The author, whose own way of life at 80 should be inspirational all by itself, says that each person must help to make a conscious choice to change habits and their basic mindset to be able to incorporate "Rejuvenating" to their lives. Today aged 80, he has used his years of life experience as a school counselor, then locally and health sectors, to write this existence changing and highly motivational reserve. He firmly believes that people may take charge of our destiny, and we've the choice as to whether we get old or rejuvenate. Just how do we do that? The keys to rejuvenating are described obviously throughout the book, and although it is recognized that some elements are outside our control, he firmly believes that should you follow his "Goal-Achieving Psychology," or GAP, it will help you bridge the gap between thinking and doing, which will make you happier, even more productive, and let you take control of your aging procedure in a positive manner. Well by adopting the 'P' personality, which is explained clearly in this book. But there is so much more. Although inspirational for older people, it's been written in order that anyone can plan for their potential in a positive way, whatever how old they are, through learning to become personal goal-driven, proactive, positive, persistent, passionate, and playful. Whether you want to stay working, or retire, it'll empower you to rediscover (or newly discover for some) your feeling of fun, enable you to understand how to set personal goals, encourage you to utilize the powers of positive thinking, be passionate, be persistent, and become proactive. Setting up for your future psychologically is just as important because financially, which book shows you how. Diet, and the advantages of exercise, learning brand-new skills, exploring fresh avenues and encounters, living life to the full, keeping ourselves mentally stimulated and thinking about the world around us—each one of these are things we can do to improve our life today, and for future years. Whether you wish to remain functioning, or retire, you'll discover how to make the most of your senior years. After all, your health and preparing for your future is just as important psychologically as it is financially. So what are you waiting for, get your copy, and start rejuvenating now! As Kaiser writes, getting older "can be the best time of life, but it does require a commitment. A Step-By-Step Instruction To Aging Well You could say that Ron Kaiser can be an 80-year-aged reluctant revolutionary. Kaiser's life-affirming publication, "Rejuvenating: The Artwork and Science of GETTING OLDER with Enthusiasm" is a step-by-step guideline to re-training you to ultimately live your "golden years" (everything following 50) with "active participation" and a positive psychological attitude. The reserve is one the author says he resisted writing for several years. Ron Kaiser says he "never wanted to be seen as an old psychologist who specializes in working with old sufferers." Kaiser also provides a "Rejuvenating Toolkit to problem Adversity and Decline," and also his own new definition of "Feeling My Age group. Kaiser says first that his book is "designed to get the reader considering and implementing actions that will help people age in a wholesome, happy way. They include becoming: Personal goal-driven, Proactive, Positive, Passionate, Persistent and Playful. One important concept and basis of "Rejuvenating" is developing a "Type P personality." Kaiser also includes an essential bibliography of other books that will assist anyone who chooses to engage in this new trip to seek out a higher, happier approach to life., ABPP, is an authorized Psychologist in Philadelphia, effective author, and owner of The Mental Health Gym website. I was given a copy of the book by the writer in exchange for an honest review. Kaiser claims they are all "an insurance policy against decline" as you age." Along with a particular arrange for "aging better," Kaiser's book also includes specific case studies of

people who, through a committed action to rejuvenating have been in a position to make their lives more meaningful, active and personally fulfilling. Kaiser introduces us early on to his own specialized approach, which he calls "Goal Achieving Psychotherapy" (or GAP)." As Kaiser explains, there are six P's of the sort P personality." "Rejuvenating" is an essential primer filled up with both good sense and somewhat radical ways of rethinking how they strategy growing older and becoming even more actively involved with manifesting a happy and fulfilling life. He highlights that aging allows people "some terrific potential benefits" including more leisure time, fewer duties and a "greater possibility to concentrate on personal growth. The writer details each of these features and recommends working on them in TheMentalHealthGym.com, which he has created to augment this book. It must be described that this is not any end-of-life book. Ron Kaiser continues on to identify seven different keys to taking ownership over your daily life. They are: Developing a new mindset, Rejuvenate your intellect, Eating healthier, Paying more attention to the body and health, Becoming more social, Doing best for others, and finally, "Appreciating the good that permeates your life." But upon turning 80, Kaiser says he realized he was is the perfect spot to share suggestions to others "going through the aging process," by incorporating a positive and active attitude into his life lessons. He writes that his concepts spelled out in this reserve are intended to "bridge the gap between thinking and doing – therefore helping visitors to get unstuck and be happier and more successful. The writer wraps up this groundbreaking primer with another invitation to remain involved in "Rejuvenating" by frequenting his website, TheMentalHealthGym.com that is a sort of clearinghouse of other assets and ideas, with links to related topics. As he writes, "We're in this collectively as we commit ourselves to getting older with enthusiasm. Ronald S.



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