

SHERYL TOWERS

EMBRACING
A
NEW VISION
OF
AGING



Sheryl Towers

Embracing a New Vision of Aging



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Cultural perspectives foster a concern with aging which dramatically affects our connection with growing older. The simple truth is that we weren't created to blossom early and then spend the rest of our life withering away. Contemporary culture is normally permeated with the caustic message that nothing is more essential than youth, and that the organic aging process is to be dreaded, denied, postponed, avoided no matter what. Despite those gloom and doom prognostications, a positive and life-affirming perception of aging is taking root in America and around the world. A much-needed shift can be emerging; a cultural change that views getting older not as a relentless march to the grave, but as a fresh chance for using our increased life time to explore new degrees of awareness and personal power. The media crams our minds filled with dreadful data of ageing as a dire assortment of disease, devastation, and loss. The time has arrive to problem the myth of decline also to celebrate our fresh gift of longevity which is truly wondrous.



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A refreshing perspective! No longer do we have to just grow older, rather, we can bid farewell to the conventional stereotypes and restrictions and look at aging with a new perspective. Sheryl Towers' publication affirms that we must be careful never to agree with the old ways of thinking but to embrace a new vision of aging for ourselves and like minded people. Your investment stereotype of aging. Very good book. A BRAND NEW, New Vision of Aging Embracing a New Vision of Aging is normally a fresh, new and positive appear at aging. I came across myself taking notes while reading each chapter and I began processing internally, how am I ageing? The writer offers very practical information on how a fresh vision of aging could be embraced and she will do so with much compassion for the difficulty of aging positively and optimistically in a youth oriented and obsessed tradition. Changing your mindset, accepting who you are with your strengths and limitations, building emotional resilience, being a positive model for aging and making peace together with your mortality are all important behaviors for embracing a fresh vision of aging. An instant, practical, applicable read As someone on the best edge of the infant Boomers, I'm becoming keenly conscious that age is not a number but an attitude. A MUST Read Extremely insightful. These and additional behaviors are talked about in this beautiful publication and substantiated with experiential and empirical evidence. You will go through it more than once and learn something new each time. This book is a practical guidebook to making the right choices as we navigate fresh, and sometimes frightening, phases of our lives. Thank you to Sheryl Towers for encouraging her visitors to look beyond our society's dismal watch of aging. I would recommend it for any age group. You can't begin too early. A great gift idea! This book isn't just for senior citizens! It is applicable to all ages, particularly those seeking assist in creating a life of joy and meaning in a lifestyle that values how items look "on the outside." By example and process, the writer empowers the reader to overcome bad thought patterns and other problems that can lead to suffering. For a thoughtful and compassionate street map to a fulfilling lifestyle, this read is a must! Very Empowering Read!!! This book addressed the negative stigma linked to the belief system we seem to have bought into regarding aging as the end of life as we know it now experience!!!! it is not something to be dreaded that we go into kicking and screaming but rather something we should move through with fun, laughter, pleasure , and wisdom. It lifted my spirits and motivated me to look at a far more positive outlook on the a long time!! Highly recommended This loving book is a lovely fresh approach and shift that will help us embrace aging. Reading this book was just like a breath of fresh air. The view we might have of aging could be redefined and embraced! It isn't just a book, this is a tool for an abundance of personal reflection and discussion. It could and should be a special and productive time in one's lifestyle! I plan to read this wonderful publication on a yearly basis! Very uplifting book Uplifting thoughts regardless of what age group you are!!! There are always ways to reinvent yourself. In order to live happily, healthily and passionately at any age, then it is time to problem traditional outdated thinking and embrace a fresh vision of aging for the present time and the future! Highly recommended! I also firmly believe that attitude, especially optimism, is definitely a choice we make everyday. An excellent read! Readers, especially seniors, will discover the positive features and likelihood of aging.- Shep A book for every age!



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