



OVER-SIXTY: SHADES OF GRAY

A JOURNEY THROUGH
LIFE'S LATER YEARS
(ON THE ROAD TO FOSSILIZATION)

Barbara Paskoff & Carol Pack

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Over-Sixty: Shades of Gray: A Journey Through Life's Later Years



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s no making your way around it: with every breath we take--we' But no-one should suffer alone unnecessarily, thinking what they'" --Kirkus ReviewsThere'"re experiencing is somehow unique.s no going back. The last census demonstrated nearly 60-million people in the usa are now more than 60. Face it: that's plenty of gray hair and bad teeth. Most of the things old adults once took for granted, may be dramatically changing, which could become disturbing.Many seniors will find this a must-read.re a few seconds more than we were just before, and there' We're all-in the "s time for everyone past a particular age to be embarrassed together. stage, so overcome it!t be worried about relinquishing your individuality.embarrassed to death" Don' It' We have a lot in keeping, but as our self-help reserve on aging shows, you may still find many shades of gray we are able to embrace.



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Don't wait until you're over 60. Barbara and Carol give some powerful and meaningful assistance alongside some great laughs. It is the only method to develop , how shall I say it. What?"old" gracefully. Will be keeping it by my bedside to make reference to as I go to retirement! A Joy to Read Your soft pores and skin glows, surrounded by a halo of bouncy shiny locks. "Mirror, Mirror, on the wall structure, who is the fairest of these all? Gleefully, you select up your gilded glass." Glancing in the reflective surface, you're startled by the crone-like visage. Ignore crow's ft! This face looks like it's been trampled on by an angry wildebeest!Who is this witch? How come she blocking your view?. Its entertaining, out from the package funny, while packed with useful information. Humor, accurate details and expert advice might help us maintain optimal wellbeing and accept unwanted adjustments. Offering a mix of reflections and lifestyle experiences sprinkled with excellent advice from medical experts and a strong dose of humor to greatly help the medicine decrease, this reserve reminds one which Mary Poppins's spoonful of sugar does indeed help the medicine go down.A must read for people of most age range!Great laughs with great guidance=GREAT BOOK! It really is filled with relevant facts, expert advice and humorous essays about aging. Loved the book Over-Sixty: Shades of Gray is a delicacy for visitors who enjoy self-help books. That's me? accepting the unavoidable with humor This is a small but mighty book. Enjoy now and laugh when you can! I completely enjoyed this book(and the illustrations are hilarious! This publication reminds us that the process of aging doesn't have to be all gloom and doom.Carol and Barbara shine a helpful, healthy light on ageing. The writers' candid personal experiences and perspectives on the topic are at times poignant or laugh aloud funny.)



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