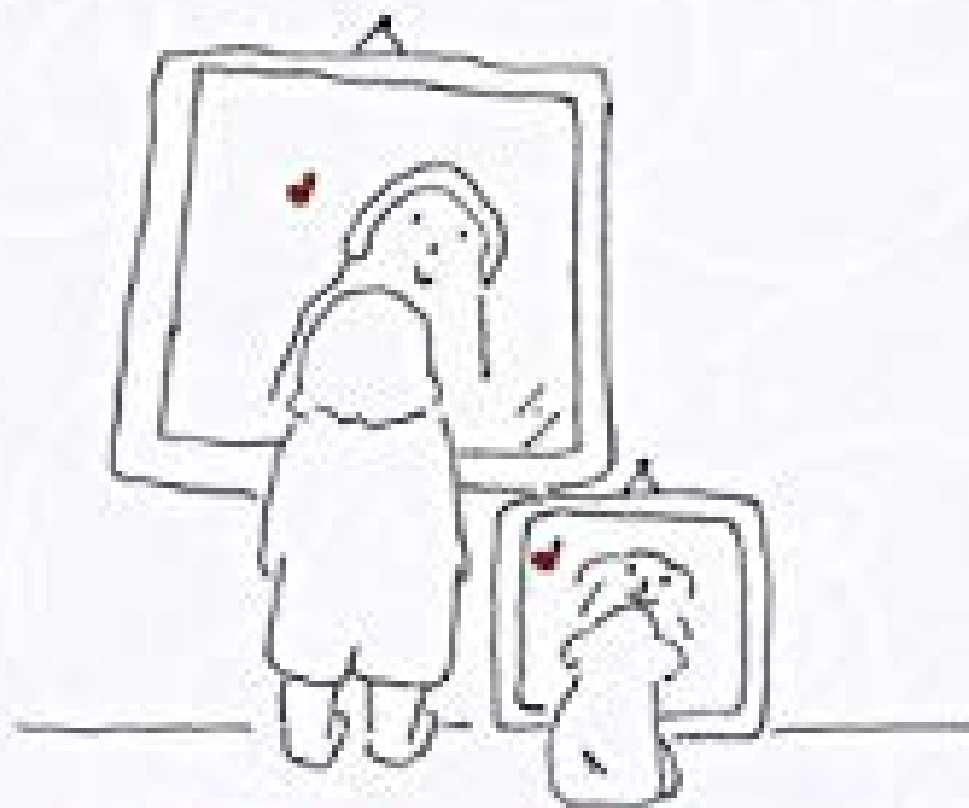


Wrinkles Don't Hurt

Daily Meditations on the Joy of Aging Mindfully



Ruth Fishel, Author of *Time for Joy*

Illustrations by Botany Van de Kamp

Fishel, M.Ed, Ruth

Wrinkles Don't Hurt: The Joy of Aging Mindfully



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No matter if we're thirty or ninety, we can learn to live in a way which can only help us deepen our pleasure of living. We know the goal is to greet every day with optimism, enthusiasm, and a zest for living, but sometimes it's hard to know how to begin. And while we know deep down that lines and wrinkles don't hurt, occasionally we disagree with those that reveal to seize the day--that the best is yet to come. Bestselling author Ruth Fishel provides much-needed wisdom, guidance, and inspiration to greatly help us remain positive, present, and even more mindful. Written in a page-a-day format, Wrinkles Don't Harm is filled with practical recommendations, affirmations, and whimsical illustrations that will help you forget about worries and fears, remember that you aren't alone, and assist you to discover and celebrate the joys that come with living a practiced life. Studies show that mindfulness could be the best medication for what ails us actually and emotionally: It's a robust tool that may keep our memories sharp, alleviate stress, increase immunity, and help us better deal with life's ups and downs.



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A wonderful book Becoming 76, and having got two knee replacements and thinning hair can really get yourself a babe down. Where is the gorgeous me of yesterday? I HATE wrinkles, tub rails and handles so I stay upright, but I take advantage of them. RUTH IS AN EXCELLENT ONE WHO WRITES SIMPLY AND PICTURES ARE GREAT.? We can accept forgetfulness within our path, and discover beauty in character, a smile and in assisting others. "Uplifting" Daily Read Such an uplifting, frequently fun book! Ruth offers us a gentle shove to keep moving forward and enjoy each moment A comic comfort for those of us who are receiving older! I love this book..... It's great to see a lighter side of aging. Many thanks Ruth Fishel! Have got enjoyed the short but encouraging daily meditations and reflections. MAKE THIS Publication AN ADDITION TO YOUR LIBRARY. They're both superb and I recommend themCan't wait to obtain additional of her work. Thanks so much, Cheryl Uplifiting! This is very uplifting and thought-provoking. Great daily motivation Perfect daily motivational publication for seniors I just love Ruth Fischel's writing I just love Ruth Fischel's composing! Glad a friend recommended this to me. Helps To Not Take Yourself Thus Seriously! Ruth provides us a gentle shove to excersice forward and revel in each moment!' Five Stars Too cool - can't think of anyone that wouldn't normally reap the benefits of reading the thoughts. THE DAILY READINGS Strike THE Tag AND CONTINUE TO MAKE ME PLEASED THAT I AM IN A POSITION TO APPLY THEM TO MY LIFE AND TO UNDERSTAND AND REVEL IN THEM. I HAVE PURCHASED AT LEAST 5 MORE TO SPREAD TO MY OTHER Close friends, SOME NOT AS Aged AS I AM. ALL ARE PLEASED. WHO AGES??? Nevertheless, Ruth Fishel alongside her fantastic artist Bonnie Van de Kampgive us a fresh humorous way of considering life Mindfully and staying in the moment.And of course the thought of pushing up daisies lurks in my own mind. SHE HAS AN EXCELLENT WAY OF WRITING AND DESCRIBING..it makes each wrinkle I earn worth it! I also have Time for Pleasure. Meditation is an excellent point, and someday I am hoping to perform it. It creates a great present for individuals who 'have it all! POWER OF EXAMPLE I AM A 89 AND AM IN VERY GOOD HEALTH. Five Stars Great reserve for daily devotionals Be Mindful of Graceful Aging An excellent daily affirmation/reflection book that emphasizes Mindfulness (meditation and just living) and how to age gracefully.



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