

MATTHEW MINSON, MD

**PREPARE**  
**to DEFEND**  
**YOURSELF**

... How to Age Gracefully  
& Escape with Your Dignity



Matthew Minson

## Prepare to Defend Yourself . . . How to Age Gracefully and Escape with Your Dignity



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For anyone of any age group who programs on aging with their dignity intact, this is actually the publication for you. How exactly to Navigate the Health care System and Escape with Your Life is back again. This time Matthew Minson, MD, turns a penetrating and whimsical eye on the medical and sociable aspects of maturing in Prepare to guard Yourself...How to Age group Gracefully and Escape together with your Dignity. Minson goes after bodily changes, behaviors—While seeming to simultaneously channel a combination of Benjamin Franklin and Charles Schulz, Dr.good and bad, and what everyone can do to create life more bearable and—dare we state it—s existence, liberty, and the pursuit of a chuckle in this groundbreaking publication that just might make you look forward to your golden years. Laced along with his unique design of poignancy and humor and peppered with his personal surrealistically funny cartoons, the reserve bravely assumes health, finances, sex, diet, exercise, death, the law, and what that you can do to protect what matters most as you age. It'fun after fifty.The author of Prepare to Defend Yourself...



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Loved this book! We are going to be there someday, hopefully. Was fortunate plenty of to hear Dr Experiencing the books. My parents are of an age that was very valuable info and was a very easy examine and communicated complicated issues very merely.! The first, on demystifying our Health Care System; Frankly we all have been going to be there or hope to become there some day, never prematurely . to be prepared. This book was so beneficial to me and my family. I didn't realize how much I didn't know about getting older! Thanks for the beneficial and humorous appear at aging Dr. Delightful & Informative!. Minson has such an excellent way of describing the countless aspects of maturing and great insights on how to improve our golden years. I laughed over therefore many passages that I hardly realized just how much I was learning until I paused to think about all I'd examine. Funny.! HELPFUL INFORMATION for Seniors, family members and caregivers. I am amazed at the quantity of information and compelling assistance Dr. Minson has included in this reserve on aging. This is actually the second book in a series he has created. I recommend this to everyone which has parents or loved ones that are in this generation. and today, explaining the complexities of maturing, how exactly to protect oneself as you age, and how exactly to help aging loved ones during the course of this complicated period of life. Awesome Book! The info and tips imparted is absolutely current, and addresses the countless challenges and modifications Seniors, households and caregivers face in their daily lives.I wholeheartedly recommend this reserve. Dr. Love it! Can't wait for the next one! Wow! Was fortunate enough to hear Dr. Minson speak in person. Minson Awesome Book! The best part was it was fun to read due to the great cartoons!!Complex issues are explained through humor, history and science in ways which are engaging, sharp and entertaining!! Has a lot of very good information. Great book. Everyone must have a copy Great book. Everyone must have a copy. Love the cartoons Really useful. It was better still than his first publication. I'd recommend it.



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