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Amazing Ageing (Paperback)

By David Buswell

MX Publishing, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Amazing Ageing is the must-have psychological survival manual for those approaching older age. When you buy this book you will discover that: 1) Ageing is an opportunity for inner growth. 2) Amazing Ageing can be achieved by making conscious choices, by letting go, by accepting your circumstances and by being grateful. 3) You can shed the shackles of the past and mature into Amazing Ageing by being positive, being realistic, taking action, being flexible and by discarding redundant rules. This is not a book about dementia or dying or about delaying the effects of ageing through lifestyle, diet, exercise. It is a highly practical book about living, which informs through a combination of explanation (i.e. what to do) and experiential exercises (i.e. how to do it). The exercises are drawn from Neuro Linguistic Programming (NLP), Psychosynthesis and Buddhism. If you are 50+ and have an interest in your own development, this book is for you. It is also essential reading for the employees and volunteers of organisations and charities which work with older people, for Care or Retirement Homes, local councils and others with responsibility for...

Reviews

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