



Getting Older, Growing Wiser

Carol Ann Morrow

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Few people relish the thought of getting older, but it clearly happens to us all. Whether we're mid-lifers, baby-boomers, or seniors, balding heads, forgetfulness, and expanding waistlines are just some of things that we begin to notice. With the help of the Abbey Elves, this book helps people face some of the challenges of growing older, as well as presenting the positive side of aging. With just the right amount of wisdom and whimsy, the book offers reflections that can turn aging from something to dread to something to celebrate.



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