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Amazing Ageing

By David Buswell

MX Publishing. Paperback. Book Condition: new. BRAND NEW, Amazing Ageing, David Buswell, '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 the welfare...


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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Its been written in an extremely simple way and is particularly only right after i finished reading this ebook where actually changed me, affect the way i really believe.

-- **Orin Blick**

Basically no terms to explain. I have read and so i am certain that i will gonna go through once again once more in the future. I realized this ebook from my dad and i encouraged this book to discover.

-- **Forest Little**