



## Fruitful Aging: Finding the Gold in the Golden Years (Paperback)

By Tom Pinkson Ph D

Wakan, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Fruitful Aging: Finding the Gold in the Golden Years is about meeting the challenges of aging in a skillful manner in order to grow this time of life into the richest and most rewarding time of all. Take the leap! Jump in with Dr. Tom Pinkson and set your compass to navigate the changes and challenges of Fruitful Aging. Start mapping your journey with these successful strategies, practical exercises and inspired reflections by elders. This book directs the reader to creative approaches for harvesting the labor and lessons of a lifetime. Each chapter dives deeper into exploring the universe within and leads the way to re-imagining what it means to be not only mature in years - but Golden! The valuable guidance in this book is presented in a way that lends inspiration to both journey and sojourner alike. I am grateful for the light that Tom shines ahead onto a mysterious path and I am grateful for his inspiration to keep moving forward in a good way, one step at a time. Dr. Tom Herington.



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