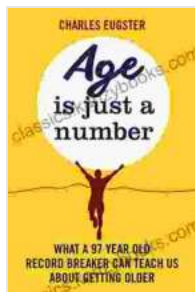


What 97 Year Old Can Teach Us About Growing Older



Age is Just a Number: What a 97 year old record breaker can teach us about growing older by Charles Eugster

★★★★☆ 4.3 out of 5

Language : English
File size : 1971 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 168 pages

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What does it mean to grow old? Is it a time of decline and regret, or can it be a time of growth and fulfillment? In her new book, "What 97 Year Old Can Teach Us About Growing Older," author Sarah Jane Smith shares the wisdom and insights she has gained from a lifetime of living.

Smith, who is now 97 years old, has lived a full and rich life. She has raised a family, traveled the world, and worked as a teacher, writer, and public

speaker. Through it all, she has learned a great deal about what it means to live a good life, even in the face of challenges.

In her book, Smith shares her thoughts on a wide range of topics, including:

- The importance of staying connected to family and friends
- The value of lifelong learning
- The power of gratitude
- The importance of giving back to the community
- The inevitability of death and how to face it with grace

Smith's book is a treasure trove of wisdom and insights that can help us all to age gracefully and with purpose. She reminds us that growing older is not something to be feared, but rather an opportunity to continue to learn, grow, and contribute to the world.

If you are looking for a book that will inspire you to live a more fulfilling life, then I highly recommend "What 97 Year Old Can Teach Us About Growing Older." This book is a must-read for anyone who wants to age with grace and wisdom.

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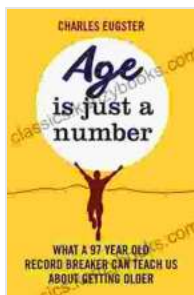
You can Free Download your copy of "What 97 Year Old Can Teach Us About Growing Older" from Our Book Library, Barnes & Noble, or your local bookstore.

And be sure to follow Sarah Jane Smith on social media for more insights and inspiration on aging gracefully.

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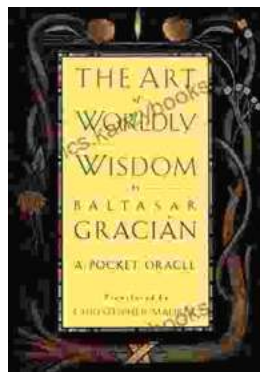
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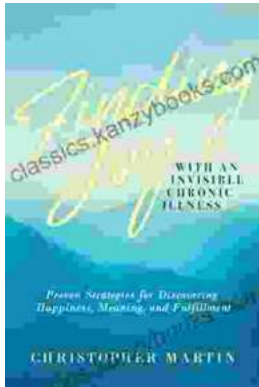
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