

Life Gets Better The Unexpected Pleasures of Growing Older

LIFE GETS
BETTER



*The Unexpected Pleasures
of Growing Older*

Wendy Lustbader

BOOK DETAILS

- Author : Wendy Lustbader
- Pages : 256 Pages
- Publisher : TarcherPerigee
- Language : English
- ISBN : 1585428922

 [DOWNLOAD](#)

BOOK SYNOPSIS

The acclaimed author of *Whats Worth Knowing* reveals the truth about aging: Old age often offers a richer, better, and more self-assured life than youth. From our earliest lives, we are told that our youth will be the best time of our lives-that the energy and vitality of youth are the most important qualities a person can possess, and that everything that comes after will be a sad decline. But in reality, says Wendy Lustbader, youth is not the golden era it is often made out to be. For many, it is a time riddled with anxiety, angst, confusion, and the torture of uncertainty.

Conversely, the media often feeds us a vision of growing older as a journey of defeat and diminishment. They are dead wrong. As Lustbader counters, "Life gets better as we get older, on all levels except the physical." *Life Gets Better* is not a precious or whimsical tome on the quirky wisdom of the elderly. Lustbader-who has worked for several decades as a social worker specializing in aging issues-conducted firsthand research with aging and elderly people in all walks of life, and she found that they overwhelmingly spoke of the mental and emotional richness they have drawn from aging. Lustbader discovered that rather than experiencing a decline from youth, aging people were happier, more courageous, and more interested in being true to their inner selves than were young people. *Life Gets Better* examines through first-person stories, as well as Lustbaders own observations, how a lifetime of lessons learned can yield one of the most personally and emotionally fruitful periods of anyones life. As an eighty-six-year-old who contributed her story to the book noted, "For me, being old is the reward for outlasting all the big and little problems that happen to all of us along lifes pathway." The collected stories in *Life Gets Better* provide a hopeful corrective to the fear of aging aggressively instilled in us by the media. Dont dread the future: The best years of our lives just may be ahead.

LIFE GETS BETTER THE UNEXPECTED PLEASURES OF GROWING OLDER -

Are you looking for Ebook *Life Gets Better The Unexpected Pleasures Of Growing Older*? You will be glad to know that right now *Life Gets Better The Unexpected Pleasures Of Growing Older* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *Life Gets Better The Unexpected Pleasures Of Growing Older* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *Life Gets Better The Unexpected Pleasures Of Growing Older* and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *Life Gets Better The Unexpected Pleasures Of Growing Older*. To get started finding *Life Gets Better The Unexpected Pleasures Of Growing Older*, you are right to find our website which has a comprehensive collection of manuals listed.