



Don't Let an Old Person Move Into Your Body

Jim Donovan

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Have you ever noticed that some people age well, becoming older with grace and dignity, looking vibrant and alive and remaining physically and mentally active well into old age? Frank Lloyd Wright, quoted above, was still designing when he passed on at 92.

Others, it seems, begin getting old in their youth. What makes the difference?

Why is such a large portion of our society aging so poorly? Why are hospitals and nursing homes overcrowded and many older people just barely alive?

Is this a natural progression or can we actually alter the way we age?

In *Don't Let an Old Person Move Into Your Body*, you will be asked to reevaluate and question the preconceived notions you have about aging and the commonly accepted beliefs about health. You will be asked to examine your attitudes and beliefs and come to understand the important role they play in how we age. You will learn ways to age without becoming old.

This book, written by international bestselling self-help author, Jim Donovan, dispels the negative stereotypes associated with aging with inspiring stories of people who are living meaningful, productive lives well beyond what most consider "old."

People like Eli Finn, who retired from his sales career at age 100 to become a full-time college student, and still squeeze in trips to Europe. Not to mention Hulda Crooks, who at 91 became the oldest person to climb Japan's Mt. Fuji.

What they all had in common is a joie de vivre that transcended age.

"It's not how long you live. It's how you live long,"

In this simple, east to read book,you will learn how to stay young by incorporating the "Four Ps" into your everyday life: Passion, Purpose, Power and Prosperity.

Don't Let an Old Person Move Into Your Body shows you how to make the rest of your life, the best of your life - whether you're in your 40's, 50's, 60's, 70's or beyond.

In Don't Let an Old Person Move Into Your Body you'll also learn:

- Why aging is a state of mind.
- How to avoid the trap of "being old."
- How to identify and attract the dream life you've always wanted.
- How to prevent other people's negativity from destroying your dreams.
- How to eliminate "energy zappers" in your life.
- Why most of what we are told about illness and aging is wrong.
- How to avoid becoming a victim of age related illnesses.

- Practical steps you can take to achieve optimal health, at any age.
- How to create financial abundance and lasting security.
- Simple things you can do each day to help yourself feel better spiritually, mentally, emotionally, and physically.

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Sherrie Smith:

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Maria Peterson:

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