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NOT FADE AWAY: STAYING HAPPY WHEN YOU RE OVER 64 (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Not Fade Away: Staying happy when you re over 64! is the new book by resilience writer Alan Heeks, offering guidance to the baby boomer generation for enjoying their vintage years, and growing through the tough parts of getting older. Now 69, Alan is deeply engaged with the issues in this new book. Alan Heeks says: The late sixties and beyond are a landmark: a good time to choose what you want from the years ahead, and take stock of the story so far. This short, practical book offers simple guidelines to find your bearings and make sense of the sixties and seventies. This is a time of big transition, potentially a time of new freedom. But it s also a time for facing challenges, which is why navigating your way forward skilfully at this age is so important. The book will also be a helpful guide for those in their fifties, offering inspiration and helpful foresight for the road ahead. With chapter titles named after iconic Sixties songs - from Good Vibrations and All Along the Watchtower to My Generation and Sunshine of Your Love - Not Fade Away is arranged in three main sections. Finding your Gifts helps you appreciate the good things in your life, add to them, and make the best of your resources. With advice on silver dating, friendships, family dynamics and different kinds of communities and groups, it also shares advice on finding more meaning and purpose and provides ideas for creating fresh adventures. Digging the Challenges contains guidance and resources for dealing with difficulties such as failing health, fears of growing older, and grieving lost loved ones, and shares positive ways to meet your financial...

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