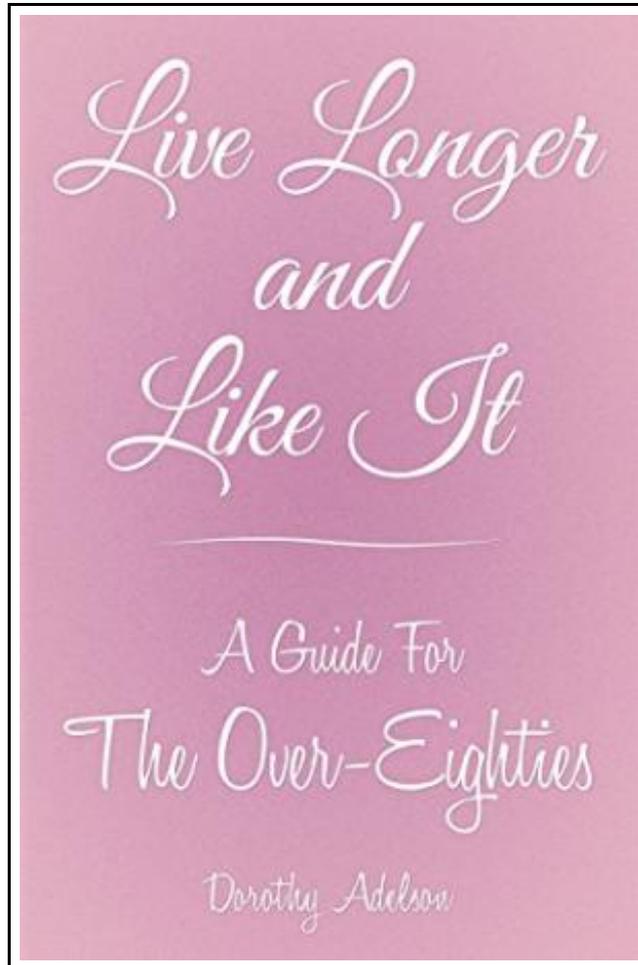


Live Longer and Like It: A Guide for the Over-Eighties



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LIVE LONGER AND LIKE IT: A GUIDE FOR THE OVER-EIGHTIES



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Dog Ear Publishing, United States, 2014. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Every birthday someone invariably declares, Old age isn t so bad when you consider the alternative. Perhaps few think past Maurice Chevalier s reckoning to envision the vistas available to us as we age. Delightfully, Dorothy Adelson ushers us through the brave new world of the over-eighties. At eighty and older, any fool knows he will not go on forever, Dorothy begins. With the voice of a friend who knows you well, she unfurls a season in which every day is extraordinarily interesting. Generously sprinkled with literary insight (I so rarely have a chance to air my education) and with reminiscences of her decade living in France, Dorothy ensures Live Longer and Like It is replete with wisdom. With chin-up honesty, Dorothy takes on topics from friendship (People are life); nourishment (.at any age, one must eat); and nursing homes (I have a deep-seated revulsion); to work (We no longer feel guilty if we loaf all day); passing time (Time is not our master but our servant); and the Parisian state of mind (.squeezing joy out of every hour). Clearly, the over-eighties era is reserved for those fully involved in life; indifferent to growing older. Anyone who s approaching or enduring this dotage-or knows someone who can claim this nom de guerre -will appreciate the grace and wit with which Dorothy shares her experiences, medical as well as social. You may be an old lady if you wish, she writes, but don t ask me to join you. A warm, endearing memoir of one woman s blissful and bittersweet retirement in Manhattan....



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