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Amazing Ageing (Paperback)

By David Buswell

MX Publishing, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Amazing Ageing is the must-have psychological survival manual for those approaching older age. When you buy this book you will discover that: 1) Ageing is an opportunity for inner growth. 2) Amazing Ageing can be achieved by making conscious choices, by letting go, by accepting your circumstances and by being grateful. 3) You can shed the shackles of the past and mature into Amazing Ageing by being positive, being realistic, taking action, being flexible and by discarding redundant rules. This is not a book about dementia or dying or about delaying the effects of ageing through lifestyle, diet, exercise. It is a highly practical book about living, which informs through a combination of explanation (i.e. what to do) and experiential exercises (i.e. how to do it). The exercises are drawn from Neuro Linguistic Programming (NLP), Psychosynthesis and Buddhism. If you are 50+ and have an interest in your own development, this book is for you. It is also essential reading for the employees and volunteers of organisations and charities which work with older people, for Care or Retirement Homes, local councils and others with responsibility for...

Reviews

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-- **Sallie Wiegand**

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Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Animation for Kids with Scratch Programming: Create Your Own Digital Art, Games, and Stories with Code

Mentorscloud LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Think Logically. Present Artistically. The myth: Programming is only for kids who are good at math and science. The...



If I Have to Tell You One More Time: the Revolutionary Program That Gets Your Kids to Listen without Nagging, Reminding or Yelling

Tarcher/Putnam,US, United States, 2012. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. The Revolutionary Program That Gets Your Kids To Listen Without Nagging, Reminding, or Yelling Why does it feel sometimes as if our children have...



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



Being Nice to Others: A Book about Rudeness

Baker Publishing Group, United States, 2016. Paperback. Book Condition: New. 203 x 203 mm. Language: English . Brand New Book. Stories to Encourage Positive Behavior in Small Children The preschool and kindergarten years are some of the most important formative years of...



Why Is Mom So Mad?: A Book about Ptsd and Military Families

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The children s issues picture book Why Is Mom So Mad? is a story for children in military...