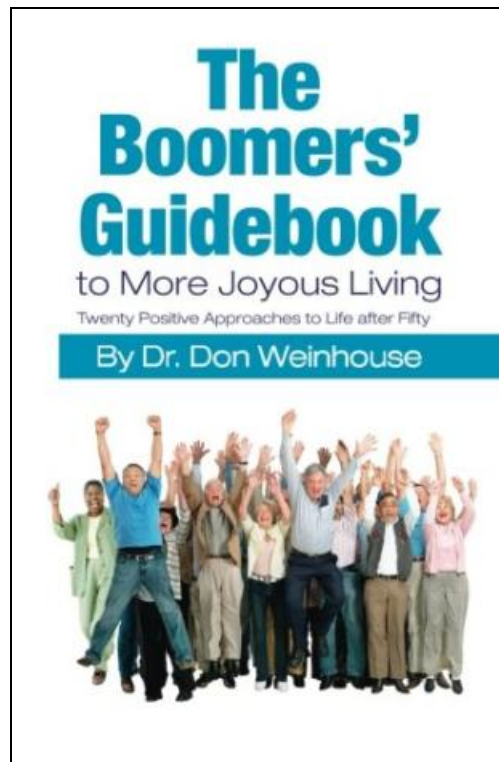


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Reviews

The very best publication i possibly read. it was writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.



(Wilhelm Predovic)

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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Boomers Guidebook was written to help you reflect on who you are and where you re going, and to provide starting points for furthering this investigation. It s a guidebook to lifelong adventures you yourself can create. Written specifically for the eighty million North Americans born between 1945 and 1965, Dr. Don Weinhouse s third book provides: -Specific techniques to enhance the quality of your moment-to-moment experience of life -Clear and practical approaches to lead you to a higher degree of self-understanding and personal fulfillment -Effective exercises to assist in freeing yourself from negative thought and behavior patterns -Uplifting quotes and stories from people engaged in designing their own futures. Consisting of twenty chapters geared specifically for baby boomers but applicable to all interested in personal development, it describes positive approaches and growth-producing practices that will lead to a more healthy, joyous, balanced, and fulfilling life. A thought- and action-provoking guide written specifically for those over fifty, The Boomers Guidebook to More Joyous Living: Twenty Positive Approaches to Life after Fifty will change your life for the better-starting today.

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