



Aging Smarter

By Nolan, Thomas L., Jr.

Rockford, IL, U.S.A.: Spring Brook Press, 1991, Rockford, IL, U.S.A., 1991. Trade Paperback. Book Condition: New. 8vo - over 7¾" - 9¾" tall. Trade Paperback. 8vo - over 7¾" - 9¾" tall. Trade PB, new, no edition given, 142 pp. The author believes those 50 and over need to seriously consider the life changes that lie ahead. Aging is a process that affects us all and each of us must deal with it. This book will inspire you with ideas about your attitudes toward aging.



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-- **Lydia Legros**