



## I Just Rose to Tell You What Nobody Told Me.: How to Age Gracefully, and Enjoy It

By Apostle Raymond P. Stansbury

Authorhouse. Hardcover. Book Condition: New. Hardcover. 172 pages. Dimensions: 9.1in. x 6.2in. x 0.9in. How to grow old gracefully, and enjoy it! Growing old does not have to be a painful experience, the bottom line is that we will get what we expect. If we embrace the negative mindset of aging by what we see or hear from some of those who are in that part of their lives now, we would not look forward to that part of our lives with positive expectations. As a matter of fact it births the spirit of fear causing us to look at growing old as a death sentence pushing us to run from life. So we are mentally tormented upon walking into our 40th and 50th birthday because the mind set is that things then go downhill and that life as we knew it is over and we began to prepare for death. The problem is that most of us were never taught how to grow old gracefully; we are just expected to get there the best way we can. The truth of the matter is that if we obtain the knowledge and wisdom of how to grow old gracefully, we will enjoy...



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