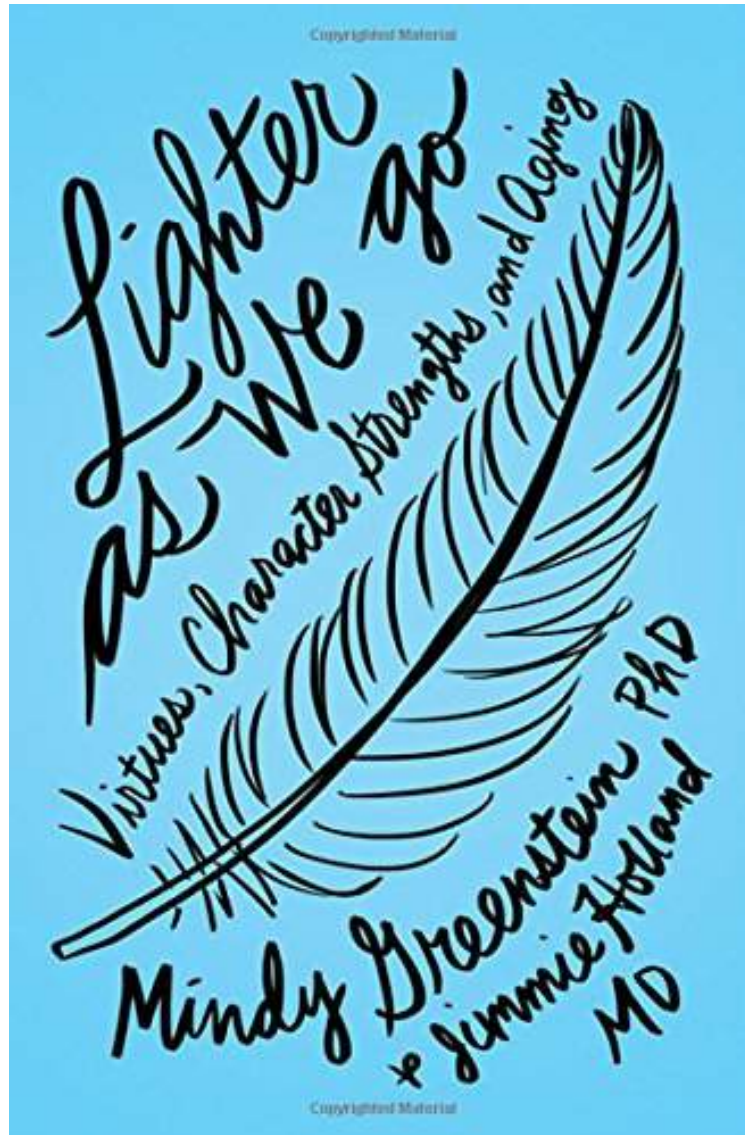


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By Mindy Greenstein, Jimmie Holland
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By Mindy Greenstein, Jimmie Holland : *Lighter as We Go: Virtues, Character Strengths, and Aging* *Lighter as We Go: Virtues, Character Strengths, and Aging:*

14 of 14 review helpful Greenstein and Holland are a terrific team They rsquo ve woven a wonderful blend of personal By Patty Dann Delightful InspiringI got my copy of Lighter As We Go at noon and read straight through all afternoon Greenstein and Holland are a terrific team They rsquo ve woven a wonderful blend of personal stories and fascinating research The word that comes to mind is wisdom For al The fears of aging have been one long cascading domino effect through the years twenty year olds dread thirty forty year olds fear fifty sixty fears seventy and so it goes And there is something to worry about though it isn t what you d expect research shows that having a bad attitude toward aging when we re young is associated with poorer health when we re older These worries tend to peak in midlife but in Lighter as We Go Mindy Greenstein a Without being the least bit didactic Drs Holland and Greenstein have open mindedly explored and discussed a societal topic that still remains sorely misunderstood partly out of our universal fear of aging This bold and liberating

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