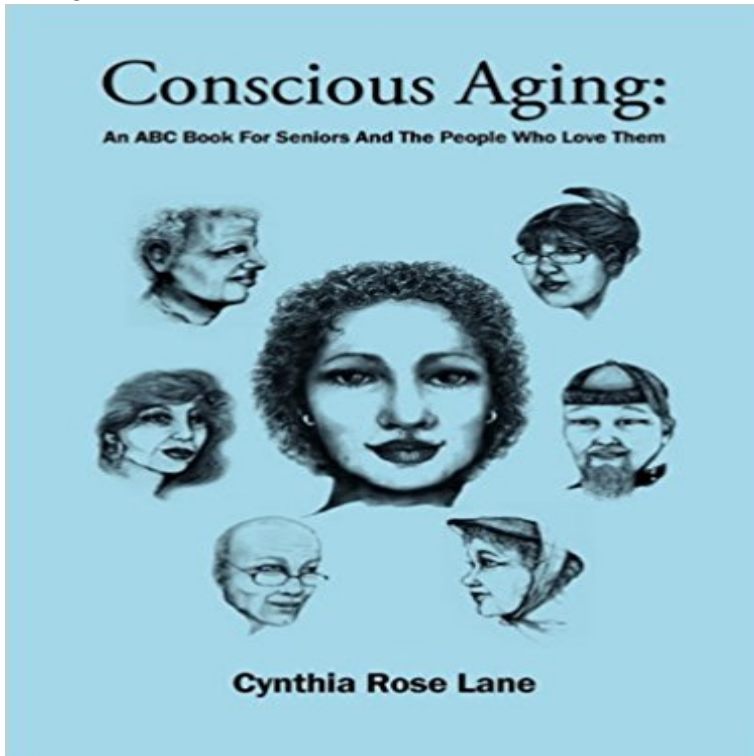


# Conscious Aging: An ABC Book for Seniors and the People Who Love Them



This Simple Tale Will Revolutionize The Way You View Aging. A Life Changing Book. One of the few adult ABC books ever written, this beautifully illustrated work is powerfully motivating and inspiring. It is destined to be an heirloom that will be passed down for generations. Cleverly marrying theme with language, it tells the story of Ruth and her struggle to accept the passage of time and getting older. Then she meets Eve, a wise old sage who becomes her teacher and guide. Eve takes Ruth on a journey where she discovers great truths that help her understand and take control of her fears. She travels on the High Road, detours into The Valley, and finally stands on The Mountain where she is transformed. There she realizes that it is okay to release youth because something greater awaits her: The splendor of old age. Give you a secret that is a major source of peace. Help you feel pride in growing older. Give you increased power to live a fuller and more expanded life. Decrease or eliminate any fears you have regarding the future. Help you discover who you are and what you came here to do. Give you a clearer idea of your place in the scheme of things. Increase your miracle working life skills. Make your heart smile.

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