



Getting Older Better: The Best Advice Ever on Money, Health, Creativity, Sex, Work, Retirement, and More

Pamela D. Blair

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Everything you need to know about aging but were too busy living to ask.

Pamela Blair, a psychotherapist in her 60s, has a few things to say about aging. Open this book to any page and find one of over 100 brief, kickstarting essays and journaling questions for moving into your third act with a sense of adventure and possibility. Blair offers dozens of practical and motivational ideas for handling everything from health and libido to the death of a spouse, money, legacy, and more.

From the book:

Your body is changing, your family and friends are changing, your strength and speed of mental processing are changing, and your priorities are changing. How are you dealing with these changes? Denial? Acceptance?

As for me, if acceptance means “approval,” I say no, I don’t approve of some of what is happening as I age. If acceptance means I will work change into my life, then I say yes. If change means painful loss and disappointment, I say no, I don’t want any of that! (And do I have a choice?) If change means growth, forward movement, and a refreshed attitude, I say yes!

Let Pamela Blair will guide you through the thoughts and feelings about aging that may be dragging you down. Let her point the way to a different, optimistic and clear eyed, way of getting older—better.

Previously published as *The Next Fifty Years*.

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From reader reviews:

John Glass:

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