



Aging With Attitude

Gerald G. Jampolsky M.D., Diane Cirincione Ph.D.

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Written by bestselling authors Gerald G. Jampolsky, M.D., and Diane Cirincione, Ph.D, this book will change your mind about aging. It offers inspiring new perceptions for living the second half of your life with inner peace, happiness, and tranquility, regardless of what may be happening to your body and mind. In these pages you'll discover how your fears about aging are reversible, and how you can live in a consciousness of giving, making forgiveness and love a way of life. Drawing from the principles of Attitudinal Healing, this upbeat, positive book conveys simple but powerful guidelines for aging with grace, openness, and a childlike sense of wonder. Heartfelt stories about people in their 70s, 80s and beyond demonstrate how others have applied these boundless gifts, illustrating the many ways Attitudinal Healing can transform each of our lives and the lives of those around us. Praised by readers from 30 to 90-plus years of age, this is a must read for everyone who has begun to think about aging.

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