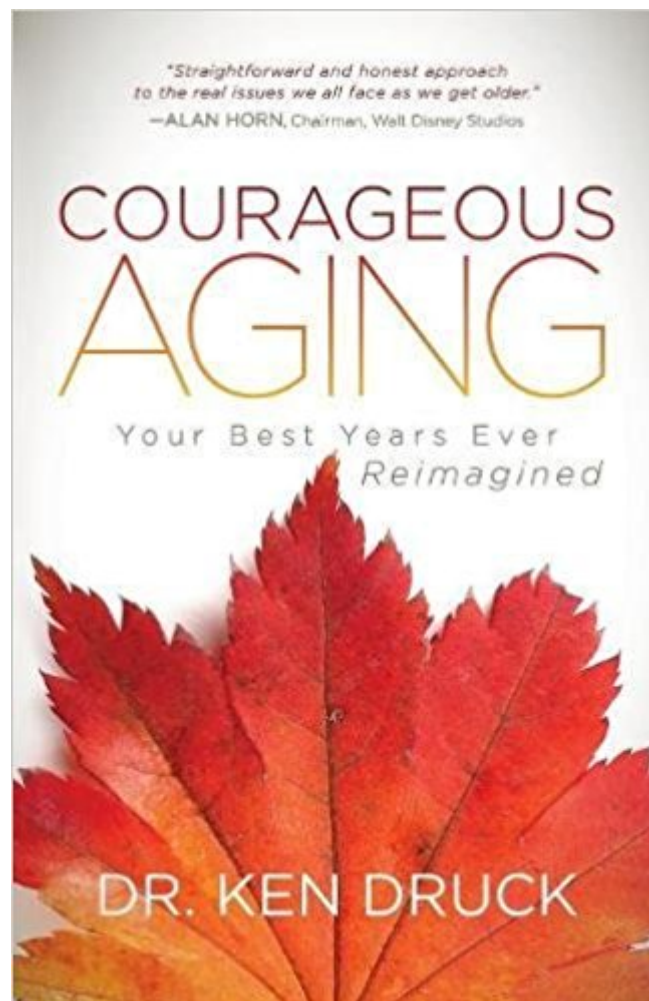




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Courageous Aging: Your Best Years Ever Reimagined



Synopsis

In *Courageous Aging: Your Best Years Ever Reimagined*, Dr. Ken Druck uses examples from his life and work to free readers of the destructive and limiting myths, biases, stereotypes, and misconceptions of getting older. Dr. Druck shows how all people can make peace with, and find joy in, every stage of life. His practical and inspirational approach speaks to anyone who wants to redefine what it means to age and embrace the transition of a new decade in one's life.

Book Information

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Customer Reviews

"The Paradigm shift that occurs with aging can be frightening, unpredictable, and of course life changing. In *Courageous Aging*, Ken Druck gives us the road map to understanding and embrace this time of life as a gift. It is a must read for anyone with questions about entering the fourth quarter. Ken empowers us with his grace, thoughtfulness and humor. *Courageous Aging* is a gem." Wendy Walker Former Senior Executive Producer Larry King Live Former Executive Vice President CNN Former Executive Producer - NOTORIOUS - ABC "Ken Druck has synthesized the best advice about healthy aging into a user-friendly guide for those interested in finding their way through the challenges that are sure to arise. I recommend it." Andrew Weil, MD, best-selling author, *Healthy Aging* www.drweil.com "I just finished this amazing book. What a gift! I've been wrestling with some of this stuff over the past few years. With my parents deaths, I was staring my own mortality in the face. Your beautiful book has given me great peace. I am on the right track. And I am comfortable and confident. Your own personal stories make it all so easy to comprehend. You take all the mystery and mystique out of these very difficult issues." Ronne Froman, Admiral, United States Navy, COO, The City of San Diego and CEO, American Red Cross "Ken Druck has such a warm

heart and so much wisdom to share. Both come through in such a heartfelt and inspiring way in *Courageous Aging*. I felt like Ken was sharing his personal and insightful stories directly with me. A highly valuable read for anyone over 35.

• Bobbi DePorter President, Quantum Learning Network/SuperCamp Author, *8 Keys of Excellence* • "This wonderful book is the heart and soul of what it means to become the better version of yourself as you get older."

• "Natasha Josefowitz, Author, University of California San Diego Stein Institute for Aging • "Straightforward and honest approach to the real issues we all face when we age • sage and sensible advice."

• Alan F. Horn, Chairman, The Walt Disney Studios • "Bravo! At last someone has pierced the veil and uncomfortable process of getting older. A masterpiece!"

• "Jim Selman, Founder, The Eldering Institute, Co-Author of • "The Elder • "An inspirational guide for aging with confidence packed with insight and wisdom for living life to its fullest. A must read."

• "John Gray, Author, *Men are from Mars Women are from Venus, Beyond Mars and Venus* • "Ken Druck is a national treasure! A magnificent man with a huge heart and a deep well of wisdom to match, he has never retreated from engaging directly - and honestly - with life's most challenging issues. Ken explores the fears, aversions, and neuroses our culture has surrounding the process of aging. He joyfully debunks most of them, and offers us - instead - a clear path to re-envisioning our • "elder years • as a time of great freedom, awakening, and vibrant living. He invites us to fearlessly immerse ourselves in the wisdom we have cultivated over the course of many, many decades. Our tendency to see the • "senior • phase of life as a time of meaninglessness, irrelevance, and decline is unique to our modern western world. In *Courageous Aging*, Ken Druck assures us that the cultural paradigm we have bought into is not true • and that we really might - literally - enjoy this sacred time more than all the previous phases of our life. This is a spectacular, ground-breaking book, and I HIGHLY recommend it!"

• "John Welshons, author of *One Soul, One Love* and *Awakening from Grief* The perfect title for the perfect book on aging. I was so pleased reading it; I read and reread chapter 10: *Irreverent, Vibrant and Audacious Aging*. Thank you for this delightful read. Deborah Szekely, author of *The Godmother of Wellness*, Founder of Renowned Wellness Centers, Rancho La Puerta and *The Golden Door* "Courageous Aging is a must-read book about how to discover authentic happiness and newfound clarity, wisdom and joyfulness for the rest of our lives." Marci Shimoff, #1 NY Times Bestselling Author, *Happy for No Reason*, *Chicken Soup for the Woman's Soul*

A true pioneer in the human potential movement, Dr. Ken Druck has broken new ground in the psychology of men, parent effectiveness, grief literacy and now, successful aging. A regular guest

on CNN, PBS and network news, lifeline to thousands after 9-11, Newtown and Columbine, resource to millions through social media and winner of the prestigious 'Distinguished Contribution to Psychology' award, Ken Druck's new book, *Courageous Aging: Your Best Years Ever Reimagined* is winning recognition as one of the most important books on aging to ever be written.

My wife Jen and I recently had the pleasure of interviewing Dr. Ken Druck for our podcast and blog, *Wrinkled Not Dead*. Our show centers on staying relevant and facing challenges for people over 50. We recorded about 30 minutes of astonishing content. In speaking together about his latest book 'Courageous Aging' we were almost overwhelmed by his insight, knowledge, wisdom and love for life. *Courageous Aging* releases soon but take our advice and pre-order, get it the moment it's available. Dr. Druck kindly gifted us an early production run copy and signed it. It will be treasured in our home. If we could give this book six stars there would be no hesitation.

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