



Aging Bravely: Shut Up and Stop Your Whining

Dana Racinkas

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"I see it every day- families in full panic mode because no one had a plan for dealing with an elder parent's health situation" **Will this be you?** This book is the first **complete how-to guide** to aid boomers and their children in this complicated and sometimes scary stage of life. It provides easy to understand insight into critical matters such as advance directives, living wills, DNR orders, driving and living arrangements etc. with the aim of making those family discussions as painless as possible. Avoid the harsh consequences of failing to adequately prepare for what may lie ahead such as expensive lawsuits and family fights. Its all done with humor and keen insights. So be prepared to Age Bravely.

Review from Dr. J. Benenate, Oncologist

All of these outcomes, and many other tragic ones as well, are easily avoided by simple foresight and planning. Unfortunately, the need for decisions to be made may come sooner and unexpectedly. *In fact, any one over the age of 30 should read this book and act accordingly.*

Read this book, follow all its recommendations, and you will be on your way to aging bravely.

All the best, Dr. J. Benenate, DO

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From reader reviews:

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Rocio Linville:

Spent a free the perfect time to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Might be reading a book may be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the publication untitled Aging Bravely: Shut Up and Stop Your Whining can be very good book to read. May be it could be best activity to you.

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