



The Beauty of Aging: Growing Older with Grace, Gratitude and Grit

By O'Connor, Karen

Regal, 2006. Paperback. Book Condition: New. No Jacket. New paperback book copy of The Beauty of Aging: Growing Older with Grace, Gratitude and Grit by Karen O'Connor. Ventura CA: Regal Books (Gospel Light), 2006. 186 pages. 5.5 x 8.5 inches, 22 cm. With down to earth wisdom and a good dose of hilarity, Karen O'Connor invites you to embrace the second half of life with grace, gratitude and grit. Karen explores seven areas of getting older: Faith, Family, Friends, Finances, Fitness, Food and fun. Her stories are nostalgic, side-splittingly funny and deeply vulnerable. You will be encouraged as you learn to make the most of the aging process and learn how to age in a way that is both balanced and beautiful!.

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