

The Yin and Yang of Aging



BOOK DETAILS

- Author : Ted Fuller (Pr
- Pages : Pages
- Publisher : Alive Books
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BOOK SYNOPSIS

The Yin and Yang of Aging is the ultimate "how to book" for proactive, life-loving seniors. Packed with useful advice, humor, and smile-inducing cartoons, this book covers everything from fitness to finance and everything in between. The Yin and Yang of Aging is "Senior Scene" newspaper columnist Ted Fullers seventh book.

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