



# The Joys of Successful Aging: Living Your Days to the Fullest

*George Sweeting*

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## **The Joys of Successful Aging: Living Your Days to the Fullest** George Sweeting

The last years of life can be joyful and fulfilling. But for some, aging is a challenge-joy and aging are seldom linked together. Despite the difficulties, Dr. Sweeting has discovered many unexpected joys in his senior years and shares them in this insightful and easy-to-read book for the Builder Generation.

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