



Conscious Aging: An ABC Book for Seniors and the People Who Love Them

Cynthia Rose Lane

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This Simple Tale Will Help You Look At Aging In A New Way...This is the story of Ruth and her struggle to accept the passage of time and getting older. Then she meets Eve, a sage who becomes her teacher and guide. Eve takes Ruth on a journey where she discovers truths that help her understand and take control of her fears. She travels on the High Road, detours into The Valley, and finally stands on The Mountain where she is transformed. There she realizes that it is okay to release youth because something greater awaits her: The wisdom and splendor of old age. One of the few adult ABC books on the market, Conscious Aging will...Give you a secret that is a major source of happiness. Help you feel more pride in growing older. Give you increased power to live a more expanded life. Help you face the future with more confidence. Give you a clearer idea of your purpose and place in the scheme of things. Make your heart smile.

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