



# Old Is Not a Four-Letter Word: A Guidebook for the Journey through Old

*Susan Towle*

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## **Old Is Not a Four-Letter Word: A Guidebook for the Journey through Old** Susan Towle

Never has a generation seemed so unprepared to face the inevitable changes that happen to us as we become old. Old Is Not A Four-Letter Word is a clarion call to change our paradigm from dread and denial of aging to an enthusiastic anticipation, planning, and preparation for our elder years. This guidebook outlines in simple terms the plans and tasks this journey requires, including the importance of advocacy, documents, and safety preparations. In life there are no guarantees, but thoughtful preparation gives you a better chance for a positive Journey through Old.

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