"...the best advice about healthy aging for those interested in finding their way through the challenges that are sure to arise."

**Andrew Weil**, MD, best-selling author, Healthy Aging

“A must read for freeing yourself of self-limiting myths, biases, stereotypes and misconceptions about getting older and creating your best possible future."

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**Alan F. Horn**, Chairman, The Walt Disney Studios

“...this book has given me great peace, comfort and confidence to face into my own mortality and embrace the mystery and mystic of aging.”

**Ronne Froman**, Admiral, U.S. Navy and CEO, American Red Cross

"The paradigm shift that occurs with aging can be frightening, unpredictable, and of course life changing. In Courageous Aging, Ken Druck gives us the roadmap to understanding and embrace this time of life as a gift."

**Wendy Walker**,Former Senior Executive Producer, Larry King LIve

"Read Courageous Aging and begin the rest of your life with newfound clarity, wisdom and joyfulness -- as well as a solid plan to make it all happen."
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"Ken Druck has so much wisdom to share. A highly valuable read for anyone over 35.”

**Bobbi DePorter,** President, Quantum Learning Network/SuperCamp; Author, 8 Keys of Excellence