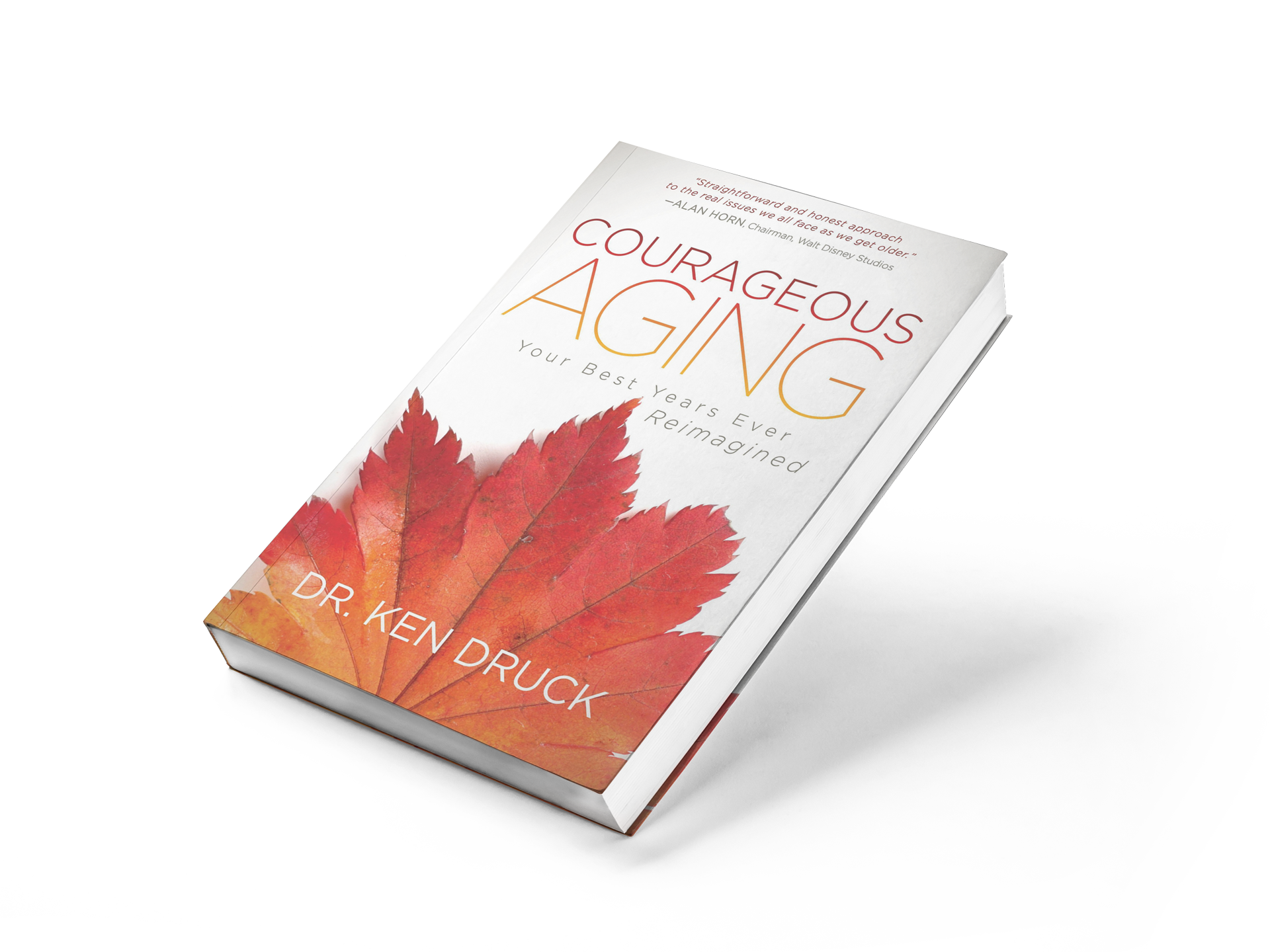
**Courageous Aging Book Data**



Title and subtitle Courageous Aging: Your Best Years Ever Reimagined

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Description In Courageous Aging: Your Best Years Ever Reimagined, Dr. Ken Druck uses examples from his life and work to free readers of the destructive and limiting myths, biases, stereotypes, and misconceptions of getting older. Dr. Druck shows how all people can make peace with, and find joy in, every stage of life. His practical and inspirational approach speaks to anyone who wants to redefine what it means to age and embrace the transition of a new decade in one’s life.