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# How to Grow Older Without Growing Old

*David R. Enlow*

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**David R. Enlow : How to Grow Older Without Growing Old** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Grow Older Without Growing Old:

In this practical book on aging gracefully, David Enlow stresses that age is more a matter of attitude than the number of candles on the cake, and that age has its advantages.