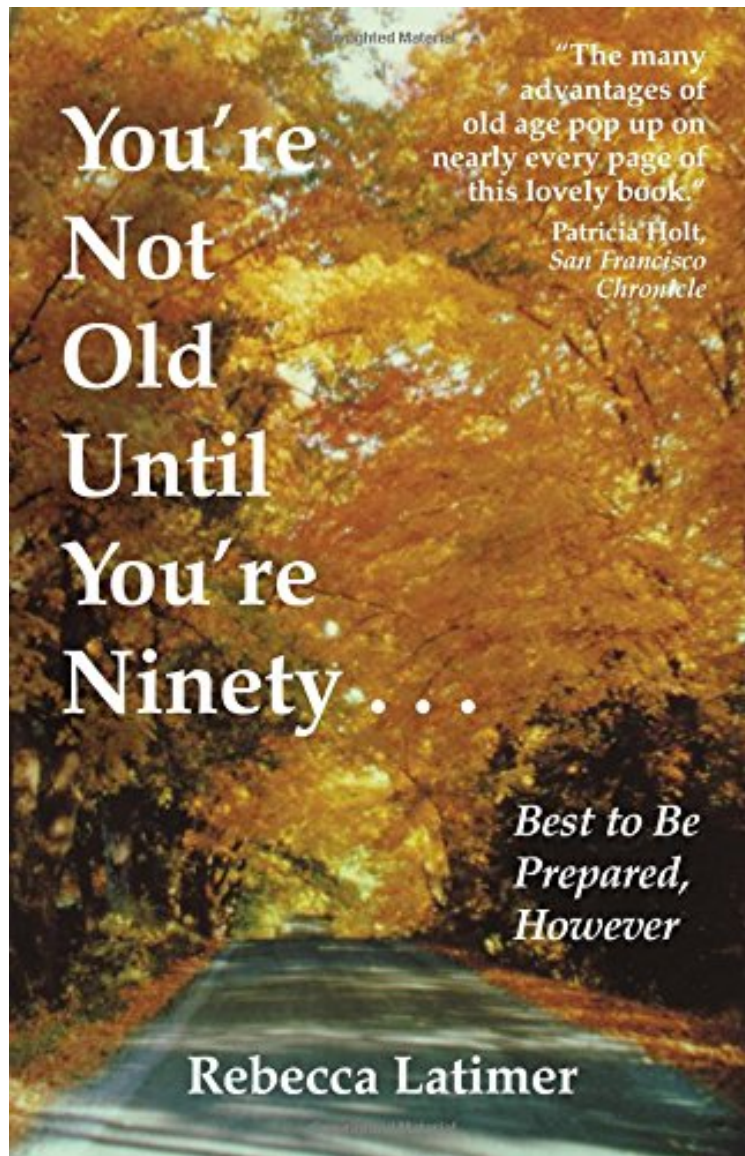


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You're Not Old Until You're Ninety: Best to Be Prepared, However

Rebecca Lattimer

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Rebecca Lattimer : You're Not Old Until You're Ninety: Best to Be Prepared, However before purchasing it in order to gage whether or not it would be worth my time, and all praised You're Not Old Until You're Ninety: Best to Be Prepared, However:

2 of 2 people found the following review helpful. Annual Re-readBy Zann CarterI love this book and I love the recording Rebecca Latimer made of it. I make it a point to listen to it and re-read the book once a year. What I love

and find most inspiring is her quest to grow and learn throughout her life. Her story of using The Well Body Book to find her Inner Doctor inspired me to seek out my own Inner Healer, a wellness tool which, I believe, allows you to access your subconscious knowledge about your health. She got a young Mexican doctor named Jaime...I got a nonsense middle-aged woman healer named Annie...who has been advising me ever since. That's just one of the ways reading her book has been useful in my own life. It's a good book to have around if only to remind us that we can live - really live - until we die. So if you're interested in one woman's story about how she grew into her elder years and maintained a joyous expectation and curiosity about life, get this book and try to find the tape set (if you still have a cassette player.) They turn up once in awhile and there are a few used on .5 of 5 people found the following review helpful. Surprised by BreadthBy James L. PattonI thoroughly enjoyed reading this book because of the light hearted mood of the author while sharing a good deal of wisdom with me, the reader. The author related experience with a broad range of spiritual traditions without expressing a bias, and with commentary indicating she does get it. I have passed it on to others at my retirement community and continue to recommend it. A friend gave it such high marks that I decided to buy a copy and I am glad that I did.0 of 0 people found the following review helpful. an awesome book that I have given to many and actually ...By Mary Ann McCombsan awesome book that I have given to many and actually need to order a new one for myself :)

Blue Dolphin Publishing

Elderly people are supposed to think back on their youth with nostalgia and longing, especially during the holiday season. But for Sonoma writer Rebecca Latimer, who is 92, getting older is a much better deal than being young. "I can say with all honesty, I'd rather be a very old woman than a very young one", she writes. "It is true that I have lost my physical resilience, but new friends and interests outweigh my losses. Yes, I'd rather be over seventy than under fifty". - San Francisco Chronicle

From the Back Cover Rebecca Latimer shares her secrets, gathered over a lifetime, for reaching a happy and vigorous old age: visualization, friendship, meditation, miracles of self-healing through your own "imaginary doctor", and other personal keys to leading your life to its fullest.

About the Author For twenty-five years, Rebecca Latimer travelled the world as the wife of a career Foreign Service Officer. Because of her objection to the Department of State's policy requiring submission and approval of all published material before it could be made public, essentially censorship, she waited a quarter of a century to publish her work. Her work has now been published in The New Yorker, Harper's Magazine, House and Garden, and Western Humanities . She has also published a children's book titled Susie and Leyla: Teenagers in Turkey. Rebecca's journals, letters, manuscripts and other papers have all been reserved for future housing in the permanent "Rebecca Latimer Special Collection" at Mills College Library in Oakland, California.