



100 Simple Secrets of the Best Half of Life: What Scientists Have Learned and How You Can Use It

David, PhD Niven

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Practical advice on how to thrive in the second half of your life, based on scientific studies. The sixth book in the bestselling 100 Simple Secrets series.

What do people who relish the second half of their lives do differently than those who dread getting older? Sociologists, therapists and psychiatrists have spent entire careers investigating the ins and outs of successful aging, yet their findings are inaccessible to ordinary people, hidden in obscure journals to be shared with other experts.

Now the international bestselling author of The 100 Simple Secrets series has collected the most current and significant data from more than a thousand of the best scientific studies on the second half of life. These findings have been boiled down to one hundred essential ways to find and maintain joy, health, and satisfaction every day of your life. Each one is accompanied by a true story showing the results in action.

The Baby Boomers are hitting retirement age. This upbeat, light approach will appeal to the enormous market of citizens grappling with the effects of becoming 'senior', looking to discover the positive benefits of aging beyond discount tickets at the movie theatre. Books about aging well continue to sell year in and year out. *The Simple Secrets* approach will stand out among the heavier self-help/psychology titles and will without a doubt become an affordable impulse and gifty mainstay in this category.

A good inexpensive gift for parents and grandparents.

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Larry Hunter:

The reason? Because this 100 Simple Secrets of the Best Half of Life: What Scientists Have Learned and How You Can Use It is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will surprise you with the secret this inside. Reading this book beside it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of rewards than the other book have got such as help improving your expertise and your critical thinking method. So , still want to hold off having that book? If I ended up you I will go to the book store hurriedly.

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