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***When I Was Your  
Age Volume One  
Original Stories  
About Growing Up***

*\*A new edition of the international*  
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*bestseller (a #1 bestseller in Japan),  
featuring a new preface\* Does the  
thought of working for 60 or 70 years fill  
you with dread? Or can you see the  
potential for a more stimulating future as  
a result of having so much extra time?  
Many of us have been raised on the  
traditional notion of a three-stage*

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*approach to our working lives: education,  
followed by work and then retirement.*

*But this well-established pathway is  
already beginning to collapse – life  
expectancy is rising, final-salary pensions  
are vanishing, and increasing numbers of  
people are juggling multiple careers.*

*Whether you are 18, 45 or 60, you will*

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*need to do things very differently from previous generations and learn to structure your life in completely new ways. The 100-Year Life is here to help. Drawing on the unique pairing of their experience in psychology and economics, Lynda Gratton and Andrew Scott offer a broad-ranging analysis as well as a raft*

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*of solutions, showing how to rethink your finances, your education, your career and your relationships and create a fulfilling 100-year life. · How can you fashion a career and life path that defines you and your values and creates a shifting balance between work and leisure? · What are the most effective ways of boosting your*

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*physical and mental health over a longer and more dynamic lifespan? · How can you make the most of your intangible assets – such as family and friends – as you build a productive, longer life? · In a multiple-stage life how can you learn to make the transitions that will be so crucial and experiment with new ways of*

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*living, working and learning? Shortlisted for the FT/McKinsey Business Book of the Year Award and featuring a new preface, The 100-Year Life is a wake-up call that describes what to expect and considers the choices and options that you will face. It is also fundamentally a call to action for individuals, politicians,*

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*firms and governments and offers the clearest demonstration that a 100-year life can be a wonderful and inspiring one.*

*Includes an excerpt from Love on the brain.*

*Self Help.*

*Stop Acting Your Age, Start Living Your*



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*Life gives the reader a full menu of new opportunities to get a fresh start at life. It's your chance to re-invent yourself and start living life on your own terms. Become an interesting character whose life story reads like an adventure novel. Break out of those tired, worn-out social conventions that confine adults to a*

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*passive, isolated existence; sitting on the sofa waiting for the phone to ring, or the Grim Reaper to call. Out with the old-old and in with the new, modern maturity. In other words, STOP ACTING YOUR AGE so you can START LIVING YOUR LIFE. Time to YOUTH'N UP, discover the newfound ways to make your life*

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*youthful, again. All you need to get started is a new attitude about your potential and life-chances. Follow the author's nine-step, YOUTH'N formula to achieve active aging and adventurous retirement. Become a ZOOMER ... a boomer with Zip! The YOUTH'N UP formula is founded on the author's meta-*

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*analysis of research findings in peer-reviewed journals on preventive medicine, psychology, sociology and retirement living. Step-by-step, readers learn what experts have discovered about extending the youthful years of life. Age is just a number, as demonstrated by “older” people who look, feel and act decades*

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*younger than their chronological age. Readers learn the essentials of a total fitness lifestyle such as sound nutrition and dietary habits, brain boosting neurobics, improved body strength, increased energy, growing your social network, connecting to your higher power, achieving retirement-readiness and the*

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*pursuit of an Age Venturous life. Readers are introduced to ZOOMER role-models, profiles of real people, not celebrities who possess an arsenal of personal trainers, life coaches and executive chefs. But rather, people just like you who have managed, on their own, to re-invent themselves and brighten their future. Be*

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*sure to take the author's Life-Stretcher quiz that measures the reader's progress toward achieving a genuine ZOOMER lifestyle. Become Age-Smart, then remain constantly current with listings of authoritative sources of information. Learn how to distinguish between "pop-culture hype" and the "real thing"*

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*(trustworthy research on successful aging and active retirement). Welcome aboard the ZOOMER style of life, where "Retirement is more a state of mind, than a stage of life."*

*In the Good Times and Hard Times  
When You Lie about Your Age, the  
Terrorists Win*



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*When I was Your Age*

*Reset Your Age. Goddesses Never Die. the*

*Age Fix and the Telomere Effect*

*Youth'n Your Life*

*Original Stories about Growing Up.*

*Volumes 1 & 2*

*How laughter and method acting*

*make you happy, healthy, and*

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*feeling years younger*

***"Ehrlich offers more of a good thing in this second volume of memoirs of adolescence by renowned, contemporary YA authors." – Publishers Weekly (starred review) "Tell me a story***

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***of when you were little," children everywhere love to ask. In this acclaimed collection, ten award-winning, well-known writers comply by reaching across their own childhoods to those of their readers. Whether telling of***

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***growing up in Japan or upstate  
New York or the California coast,  
recalling The Great Depression  
or World War II or the 1950s,  
describing children's victories or  
heartaches, the writers of these  
stories make it clear that despite***

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***the difference between one  
childhood and another, all  
children share a complex  
humanity and a deep capacity for  
joy.***

***Thom McFadden works from the  
premise that, every day, no***

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***matter what our age or current health status, we have a very clear choice: We can grow older or we can grow younger. Some people might not see aging as a choice - they see it as something they have no control over, just***

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***like the passage of time. You can decide if you want to spend your days feeling vital, energetic, and healthy, and joyfully use your body to exercise, travel, and play with your children (or grandchildren) - or if you want to***

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***be confined to a life of joint and back pain, limited mobility, and a lack of physical strength that keeps you sitting on a bench and watching others do the things you once did. You already possess the power to determine***



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***your body's true age. The choice is yours: Passively allow the aging process to take over, or actively counter the aging. Until very recently, medical researchers believed that many of the negative effects of aging***

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***were inevitable. As we grow old, conventional wisdom has told us our skin sags, our muscles waste away, we gain weight, and we eventually develop a chronic disease, such as heart disease or cancer, which will kill us. (Is it***

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***any wonder we are such a youth-obsessed culture?) But in the past few years, scientists have made tremendous discoveries that offer a different picture of what it looks like to get older. Whether you are an***

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***over-40-year-old working parent  
needing a quick home-based  
workout, a middle-aged  
executive who needs to de-  
stress and rebalance between  
meetings, or a baby boomer who  
is looking for new ways to stay***

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***fit and vital, Stop Acting Your  
Age will give you the inspiration  
and understanding to feel and  
look stronger, healthier, and  
happier - for many years to  
come. Aging starts in your mind,  
and Thom McFadden will be your***

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***acting coach to think, act, and feel young again. Thom prepares you for your next developmental step to be the star in your play of life. You will see changes that will delight and amaze you. And remember, you can have***

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***anything you want, anything you  
can represent in your mind ... so,  
if you want to improve and want  
to "hack" your aging, follow  
Thom's advice and Stop Acting  
Your Age.***

***"A love letter to readers who've***

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***ever been made to feel weird for  
loving daddy kink. Dangerfield is  
a bold, brilliant, captivating voice  
who should be at the very top of  
your TBR." - New York Times  
bestselling author Tessa Bailey  
All Kate 'Middleton' McGrath***



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***wants is a man to call 'Daddy' in bed. But kinks aren't for everyone. She gets it. They're definitely not going to be for her grumpaholic boss, Mr Henderson. But a girl can dream, can't she? Especially when he's***

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***always so stern with her...***

***"Fresh, sexy and fun. Act Your Age is Australian erotic romance at its best." - New York Times bestselling author Kylie Scott  
Tyler Henderson is a golden boy who's lost his shine. He's old, his***

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***dream career is over, his fiancée left him. Now all the former firefighter can do is bury his troubles in paperwork and hard liquor... and try to keep Middleton out of his head. He's not going anywhere near that***

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***girl. He's done with sweet and innocent. And things don't come much sweeter or more innocent than a cupcake-baking engineer who knits her own hats. "It's 2am and this book is everything and I. Am. Dead. If you have to read***

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***one daddy book-read this one." -  
New York Times bestselling  
author L.J. Shen When a case of  
mistaken identity brings Kate  
and Ty together, they soon  
realize they have more in  
common, and more to lose, than***

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***either of them dreamed... ACT  
YOUR AGE is a full-length  
contemporary novel by critically  
acclaimed author Eve  
Dangerfield.  
When I Was Your Age, Volume  
Two***

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***Stop Acting Your Age, Start  
Living Your Life***

***The New Science of Getting  
Older Without Getting Old***

***Enjoy Your Age!***

***What's Best about You Never  
Ages***

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*Creating a new mindset  
in the way we see and  
act on aging. Tearing  
down old antiquated  
barriers of belief and  
providing new  
frameworks, behavior,*



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*attitudes, actions and  
creations in the subject  
of aging.*

*“I returned to the same  
respiratory therapist  
for my annual checkup. I  
told her that her words*

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*to me, 'You look good  
for your age,' had  
inspired a book. 'Wow!'  
she said. 'You wrote a  
whole book about that?'  
'Twenty-nine kick-ass  
writers wrote it,' I*

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*said. She gave me a thumbs up.” From the Preface This is a book about women and ageism. There are twenty-nine contributing writers, ranging in age from*

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*their forties to their  
nineties. Through  
essays, short stories,  
and poetry, they share  
their distinct opinions,  
impressions, and  
speculations on aging*

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*and ageism and their own growth as people. In these thoughtful, fierce, and funny works, the writers show their belief in women and the aging process.*

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*Sedivy, Madelaine Shaw-*

*Wong, Anne Sorbie,*

*Aritha van Herk, Laura*

*Wershler*



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*“Not Your Shoe Size was exactly what I needed: sexy, fast-paced, and sweet!” Read More Sleep Less Blog After years of protecting herself with faux-girliness, Kate*

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*‘Middleton’ McGrath  
finally feels like a  
grown-up. And she wants  
her Daddy to start  
treating her like one  
(bedroom excluded of  
course...).* “Eve

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*Dangerfield has the remarkable ability to take something that I find unsettling and a little weird, and make it captivating.” Stacey is Sassy, Romance*

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*Blogger Tyler Henderson  
is happy with his  
relationship the way it  
is. And if things have  
to change, why can't  
Kate just marry him? But  
when a man from Kate's*

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*past comes back into her  
life Ty will quickly  
learn love is a  
dangerous game, no  
matter what your age.  
“This was the perfect  
icing on the cake for*

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*this couple... It takes  
you into the true heart  
of Ty and Kate and I  
loved every second that  
I got to spend there.”  
Dirty Girl Romance Not  
Your Shoe Size is the*

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*follow-up novella to Act  
Your Age, by critically  
acclaimed author Eve  
Dangerfield.*

*This book is the first  
to examine age across  
the modern and*

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*contemporary dramatic  
canon, from Arthur  
Miller and Tennessee  
Williams to Paula Vogel  
and Doug Wright. All  
ages across the life  
course are interpreted*



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*as performance and  
performative both on  
page and on stage,  
including professional  
productions and senior-  
theatre groups. The  
common admonition "act*

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*your age" provides the  
springboard for this  
study, which rests on  
the premise that age is  
performative in nature,  
and that issues of age  
and performance*

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*crystallize in the  
theatre. Dramatic  
conventions include  
characters who change  
ages from one moment to  
the next, overtly  
demonstrating on stage*

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*the reiterated actions  
that create a  
performative illusion of  
stable age. Moreover,  
directors regularly cast  
actors in these plays  
against their*

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*chronological ages.*

*Lipscomb contends that  
while the plays reflect  
varying attitudes toward  
performing age, as a  
whole they reveal a  
longing for an ageless*

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*self, a desire to  
present a consistent,  
unified identity. The  
works mirror prevailing  
social perceptions of  
the aging process as  
well as the tension*

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*between chronological  
age, physiological age,  
and cultural  
constructions of age.*

*Design Your Age*

*A Highly Judgmental,*

*Unapologetically Honest*

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*Accounting of All the  
Things Our Elders Are  
Doing Wrong*

*Turn Back Time - lose  
weight and knock years  
off your age*

*The Second Media Age*



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*Living and Working in an  
Age of Longevity*

*Performing Age in Modern  
Drama*

***“A fascinating look at how  
scientists are working to help  
doctors treat the aging process***

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*itself, helping us all to lead  
longer, healthier lives.”*

*—Sanjay Gupta, MD Aging—not  
cancer, not heart disease—is  
the underlying cause of most  
human death and suffering.  
The same cascade of biological*

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*changes that renders us wrinkled and gray also opens the door to dementia and disease. We work furiously to conquer each individual disease, but we never think to ask: Is aging itself necessary?*

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*Nature tells us it is not: there are tortoises and salamanders who are spry into old age and whose risk of dying is the same no matter how old they are, a phenomenon known as “biological immortality.” In*

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*Ageless, Andrew Steele charts  
the astounding progress  
science has made in recent  
years to secure the same for  
humans: to help us become old  
without getting frail, to live  
longer without ill health or*

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*disease.*

*Act Your Age! A command in these or similar words was heard by most of us soon after we learned to walk and often heard repeated as we trekked our way through childhood. As*

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*adulthood arrived perhaps you, like the author, have occasionally heard again that early exhortation ringing softly in your ears, "Now, don't forget to act your age." The author presents stories from his life as*

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*a suburban Oklahoma boy,  
time-study engineer, financial  
analyst, safety engineer, police  
officer, father of four,  
grandfather of fourteen and  
pastor that provide an  
intimate, candid, lively and*



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*imaginative chronology from his youth up to the present day of his retirement in the panhandle of northern Idaho. Emotions run the gamut from the deep sadness and vacuum of tragic loss to the joyful and*

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*raucous laughter found only in families. Occasionally rational explanation eludes all efforts and he is forced to fall back on divine intervention. Many were the opportunities that seemed to say Act Your Age! In some*

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*he did. In some he didn't. You  
be the judge.*

*"In Stupid things I won't do  
when I get old, Petro candidly  
addresses the fears,  
frustrations, and stereotypes  
that accompany aging. He*

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*offers a blueprint for the new old age, and an understanding that aging and illness are not the same. As he writes, 'I meant the list as a pointed reminder--to me--to make different choices when I*

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*eventually cross the threshold  
to 'old'" -- Excerpt from jacket  
flap.*

*Ten writers reflect on special  
childhood moments and  
provide individual explanations  
of how they became writers.*

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*Original Stories About Growing  
Up*

*An Anthology*

*Use Your Brain to Change Your  
Age*

*When I Was Your Age, Volume  
One*

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*You Look Good for Your Age  
Lose weight and knock years  
off your age*

***Just imagine the freedom of living  
the youthful age you have  
consciously created--instead of the  
limited biological age youre given.  
Imagine looking in the mirror every***

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*morning and feeling twenty or thirty years younger. Myth? Blue-sky wish? Sandy Paris, author of Loving Your Age At Every Age--In the Good Times and Hard Times, says its reality. Through her refreshingly common-sense stories and down-to-earth strategies, Paris*



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***demonstrates the power of  
youthfulness she lives every day,  
and anyone can achieve. Readers  
have called her book life changing.  
The stories and techniques woke  
me up to new avenues I never knew  
existed. The more I study the book  
the more I get out of it. I am now***

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***using your Loving Your Age  
Success Journal and have found it  
to be very helpful. Thank you so  
much for this outstanding, life-  
changing book. M.D California  
Sandy, your book came in a time of  
need. Our son was getting a divorce  
after 20 years of marriage. He was***

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***heartbroken and bitter. After reading your book, it helped me find the words of encouragement to try to help him through this difficult time. My son also read the book and it has changed not only my life but also his life. Thank you again. We wish you happiness and success.***

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***J.D. New York Age is a big issue in todays society. Both men and women pay millions of dollars, searching for the Fountain of Youth. They are dying to live longer. They want to relieve the pressures of agingthe stress and anxiety we all struggle with. Sandy Paris has lived***

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***through her own struggles including divorce, poverty, and a father who kidnapped her at age three and forced her to live on the run.***

***Transforming these hardships into opportunities, Paris developed an amazing ability to succeed. She went on to work for ABC***

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***Broadcasting and become a motivational speaker, presenting to thousands nationwide. Her book streamlines the secrets of an eternally youthful attitude and gives specific techniques to stay young. And Paris walks the talk: she is over 65 but looks 40. Loving Your***

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***Age At Every Age is a groundbreaking book about embracing a specific attitude of youth, what Paris calls the young at heart attitude. The simple techniques in her book debunk our cultures beliefs about aging and show the reader how to: Recognize***

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***and overcome the myths of  
aging how to stop being a victim of  
aging Find your mirror of life and  
learn how it reflects the answers of  
the anti-aging state How the art of  
listening holds the Fountain of  
Youth Discover the chains that bind  
the unconscious heart Learn about***



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***the battleground of positive and  
negative energy and how to rise  
above it to a world of timeless  
energy To contact Sandy Paris or to  
purchase book go to:***

***[www.sandyparis.com](http://www.sandyparis.com)***

***Ageless Talent: Enhancing the  
Performance and Well-Being of***

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***Your Age-Diverse Workforce provides organizational leaders, managers, and supervisors with clear, evidence-based tactics by which to develop and manage an aging and age-diverse talent pool. This volume provides an easy-to-implement set of tools for***

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***addressing the difficult problems  
related to employee performance  
and well-being amid ongoing  
technological and social change.  
Ageless Talent introduces a  
straightforward framework (PIERA)  
that translates scientific advances  
into actionable steps and***

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***strategies. Using this framework, this book provides practical illustrations to help readers design their own small-scale interventions to achieve desirable goals under diverse organizational constraints. Furthermore, the book addresses modern management challenges***

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***arising across the globe, and offers suggestions for leaders interested in short-term and long-term change. These suggestions, grounded in time-tested and leading-edge research evidence, include specific step-by-step guidelines, customizable to different types of***

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***organizations and industries. With economic, cultural, technological, and demographic shifts making the changing nature of work a pressing concern for organizations around the globe, Ageless Talent is an essential text for practitioners – HR professionals, organizational***

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***leaders, and managers – as well as  
management education programs  
and professional training and  
leadership programs. It will also  
appeal to instructors and students  
in the field of  
industrial/organizational  
psychology.***

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***Are our current ways of talking about "the problem of adolescence" really that different than those of past generations? For the past decade, Act Your Age! has provided a provocative and now classic analysis of the accepted ways of viewing teens. By employing a***



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***groundbreaking "history of the present" methodology that resists traditional chronology, author Nancy Lesko analyzes both historical and present social and political factors that produce the presumed "natural adolescent." This resulting seminal work in the***

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***field of youth study forces readers to rethink the dominant interpretations on the social construction of adolescence from the 19th century through the present day. This new edition is updated throughout and includes a full new chapter on 1950s-era***

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***assumptions about adolescence  
and the corresponding connections  
to teens today. As in all chapters,  
Lesko provides careful examination  
of the concerns of nationalism,  
sexuality, and social order in terms  
of how they are projected onto the  
definitions of adolescents in the***

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*media, in schools, and in the home.*

*When I was Your Age*

*Barrons Juveniles*

*Never Act Your Age*

*Act Your Age!*

*The 100-Year Life*

*Stop Acting Your Age*

*Using Your Body and Brain to Feel*

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***Younger, Stronger, and More Fit  
Ageless***

AN INSTANT NEW YORK TIMES  
BESTSELLER In Talia Hibbert's  
newest rom-com, the flightiest  
Brown sister crashes into the life of  
an uptight B&B owner and has him

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falling hard—literally. Featured on Parade, PopSugar, Marie Claire, Oprah Mag, Bustle, Shondaland, CNN.com, Kirkus Magazine, Bookpage, USA Today, Bookish, Bookriot, and more! Eve Brown is a certified hot mess. No matter how

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hard she strives to do right, her life always goes horribly wrong. So she's given up trying. But when her personal brand of chaos ruins an expensive wedding (someone had to liberate those poor doves), her parents draw the line. It's time for

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Eve to grow up and prove herself—even though she's not entirely sure how... Jacob Wayne is in control. Always. The bed and breakfast owner's on a mission to dominate the hospitality industry and he expects nothing less than



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perfection. So when a purple-haired tornado of a woman turns up out of the blue to interview for his open chef position, he tells her the brutal truth: not a chance in hell. Then she hits him with her car—supposedly by accident. Yeah, right. Now his

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arm is broken, his B&B is understaffed, and the dangerously unpredictable Eve is fluttering around, trying to help. Before long, she's infiltrated his work, his kitchen—and his spare bedroom. Jacob hates everything about it. Or

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rather, he should. Sunny, chaotic  
Eve is his natural-born nemesis, but  
the longer these two enemies  
spend in close quarters, the more  
their animosity turns into something  
else. Like Eve, the heat between  
them is impossible to ignore... and

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it's melting Jacob's frosty exterior. Perfect for literature classes and beginning writers of all ages! "Tell me a story of when you were little" is something children love to ask. Now ten award-winning writers: Mary Pope Osborne, Laurence

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Yep, James Howe, Katherine Paterson, Walter Dean Myers, Susan Cooper, Nicholasa Mohr, Reeve Lindbergh, Avi, and Francesca Lia Block tell young readers stories drawn from their own childhood memories. The

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authors have also contributed notes about why they chose particular memories to write about and what in their lives led them to be writers. In this way, the extraordinary stories in *When I Was Your Age* bear witness to the origins of a

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writer's art--and honor the courage, tenderness, and fragility of children. This is a revised edition of the book: 68 Reverse Aging Therapies Backed Up By Science: How To Get 20 Years Younger: Fountain of Youth Found? In this book you will

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find 68 therapies from all over the World - USA, Russia, China, Japan, etc. which can reverse the aging process and make you age backwards and get decades younger. It can be your personal reverse-aging Bible. The book will



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introduce you to therapies,  
designed to reverse aging either  
naturally, through a pill or through a  
certain procedure. It will tell you  
what works and what doesn't work  
based on the experience of people  
who have tried it, what the science

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says about these therapies and what is coming up in the pipeline, which will make you immortal. Your chances of reversing aging to an extent that would satisfy you even if you follow the best vegan diet and work out religiously are quite slim

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and here you will find things you can do way beyond good diet and nutrition. In this book you will read about life extension, HGH, human placenta, telomeres, telomerase and telomere lengthening, how to create stem cells, stem cell

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research and stem cell therapy, immortal technique, how to reverse the aging process, anti aging super foods, anti aging products and supplements, anti aging cream, fountain of youth, etc. In this book you will find breakthrough Anti

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Aging therapies on How to Get Younger Next Year and How Not to Die. You will also learn how to reset your genes and how to reset your DNA. You will learn why goddesses never age and what is the hormone reset diet. This is one of the most

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informative anti aging books you will ever read. You will learn how to achieve aging backwards and even how to reverse infertility. This book is from the author of "Why Do Bad Things Happen to Me and How to Change That".

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Presents a companion to a PBS special that outlines an anti-aging program for retaining youthful mental clarity, improving energy, and strengthening the immune system.

## Change Your Age

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A Cultural Construction of  
Adolescence

Look, Act, Feel Years Younger!

Disrupt Aging

At Your Age

How to Claim the Blessings of Your  
Season



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Filled with healthy habits to help you take charge of your life with wit, energy, and confidence, this inspiring guide will show you how to look, feel, and be your best in a busy, fast-paced world. Warm, engaging,

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and user-friendly, this powerful, practical guide to aging gracefully will be an indispensable resource for anyone looking to live their best life. Featuring more than a hundred easy-to-adopt "small steps" -- the

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foundation for ingrained  
habits that will yield  
longer, happier, and  
healthier years - this book  
will help enrich your life,  
from health and fitness to  
style, work and  
relationships. From checking

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in with your doctors to  
changing your fitness  
routine, cooling hot  
flashes, tackling social  
media and updating your  
wardrobe, transformation  
really does begin with one  
step - and Grufferman

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provides an easy formula for making and breaking the right habits. Packed with expert tips, myth busters, checklists, real-life anecdotes, and sage wisdom, this book offers a new approach to life after 40

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that will inspire,  
rejuvenate, and energize.

Winner of the Excel Book  
Award for General Excellence  
by the Association of Media  
& Publishing

This book examines the  
implications of new

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communication technologies  
in the light of the most  
recent work in social and  
cultural theory and argues  
that new developments in  
electronic media, such as  
the Internet and Virtual  
Reality, justify the

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designation of a "second  
media age".

A grandfather exaggerates  
his stories to his young  
grandson about how much he  
ate when he himself was a  
child, how far he walked,  
and other aspects of his



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life then.

This book is a recollection  
of stories, happenings and  
life lessons while growing  
up in rural Ireland during  
and after World War 2. At  
that time Ireland was  
somewhat isolated from

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Western Europe because of its neutral status during the war and was struggling to define itself as an independent nation, free from the clutches of colonialism. Food and gasoline were rationed and

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Ireland was one of the poorest countries in Europe. In this setting the author humorously shares his stories while growing up before during and after the introduction of telecommunications,

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electricity and television.

The author also does an  
excellent job tracing his  
ancestors using his  
knowledge of genealogy.

Reflections on Looking in  
the Mirror

Reverse Your Age

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Loving Your Age at Every Age  
A Bold New Path to Living  
Your Best Life at Every Age  
Breakthrough Anti Aging  
Bestseller on How Not to Die  
and Get Younger Next Year  
Ageless Talent

*Aging is a process but reverse*

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*aging is a privilege to self. But we all know aging is a process and Age is Just A Number. A woman of 60yrs looks like a forty year old, and a woman of 40 yrs may look like 60yrs old. Have you ever thought why this is so? First the*

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*body speaks what the mind things;  
secondly it is dependent on your  
food habits and lifestyle changes.  
We think we know everything but  
actually that is not the fact. Have  
you heard of a lady named Paddy?  
She gave a brilliant dance*

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*performance at the age of 80yrs  
on Britain's got talent! "You can  
be the next in line" What kept her  
thriving? She had a very strong  
will power, was dedicated to her  
work, good foods and exercise.  
She persistently kept her focus*



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*and did not fail. She was so stress free that she could do it all. If she can do it, You can do it too. Here is a chance to make a difference to you. Your LIMITations are only your IMAGInations? Train your brain to get what you really want*

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*in life. There is always a way  
when you are committed. Make an  
EFFORT daily to TRANSFORM  
yourself.let's talk little about the  
manifestations of AGIng.physical  
health Cognition declinewrinkles  
FatigueUrinary*

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*complaints Increase in  
weight Powerless Thought that one  
is less self worthy, Just imagine of  
all the unending problems which  
can be solved easily and  
effectively. Aging and its effects  
are a result of numerous genetic,*

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*environmental, foods, lifestyle changes which affects each and every person differently. Learn the power of AGEing to REverse AGEing. What does it take to move from AGing to SAGing Is Reverse ageing a myth? Are there*

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*scientific proven ways to look  
younger?Are there  
supplements?Is there something  
like the fountain of youth...the  
antioxidants?Are there food  
formulas?What is the Japanese  
technique of longevity?What*

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*power does food and nutrition  
has: WHY NUTRITION: The  
dramatic increase in average life  
expectancy during the 20th  
century ranks as one of societies  
greatest achievement.*

*ALTHOUGH most babies born in*

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*1900 did not live pass age  
50years. Life expectancy at birth  
now exceeds 83 years in Japan  
and is at least 81 years in several  
other countriesThe most dramatic  
and rapid games have occurred in  
East Asia with life expectancy at*

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*birth increased from less than 45 years in 1952 more than 74 plus years today. This improvement requires a great transition in the nutrition factors. This has brought encompassed with broad spectrum changes. 1] High to low*



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*fertility rates. 2] A steady increase  
in life expectancy at birth 3] A  
shift in the leading causes of  
death and illness from infections  
to parasite diseases, heart  
disease, obesity, blood pressure to  
an communicable disease and*

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*chronic illness. The better living standards especially nutritious diet and clean a drinking water became the norms of good health. Also along with it regular exercise program, positive attitude, adequate sleep, less stress is*

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*needed. This can help the delay in the onset and also slow down the progression of many of these changes. The best way to achieve good health is through your gut meaning, good nutrition, vitamins and lastly digestion. This is just*

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*the beginning Many have talked about food and nutrition and vitamins. I know but I want you to understand why it is detrimental to health. The best easier way you can accommodate these foods with no brain clog. When one is*

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*lacking in nutrients and vitamins then you end up having thigh muscles pain WHICH affects your muscle especially the thighs and decreases your ability to sit and stand. I don't think anyone would want to LAND IN SUCH*

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*TROUBLE. Regain your strength  
and confidence. Do you want to  
say goodbye to Aging?*

*First published in 2001*

*In the tradition of Thomas  
Hanna's Somatics and Pete  
Egoscue's Pain Free, Frank*

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*Wildman's Change Your Age offers a proven program for improving health, vitality, and fitness at any age. By integrating the body and mind to achieve greater coordination, agility, balance, and performance, you*

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*can improve every aspect of your life, from everyday to high-performance activities. No matter your age or condition, Change Your Age will add years of easy mobility to your life, and promises that you can stay fit, healthy,*



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*toned, and active throughout  
midlife and beyond, without injury  
or pain.*

*INSTANT NEW YORK TIMES*

*BESTSELLER "Thank you to*

*Sheila Nevins for putting all this  
down for posterity. Women need*

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*this kind of honest excavation of the process of living.” —Meryl Streep An astonishingly frank, funny, poignant book for any woman who wishes they had someone who would say to them, “This happened to me, learn from*

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*my mistakes and my successes.  
Because you don't get smarter as  
you get older, you get braver.”  
Sheila Nevins is the best friend  
you never knew you had. She is  
your discreet confidante you can  
tell any secret to, your sage*

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*mentor at work who helps you navigate the often uneven playing field, your wise sister who has “been there, done that,” your hysterical girlfriend whose stories about men will make laugh until you cry. Sheila Nevins is the one*

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*person who always tells it like it is. In You Don't Look Your Age, the famed documentary producer (as President of HBO Documentary Films for over 30 years, Nevins has rightfully been credited with creating the*

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*documentary rebirth) finally steps out from behind the camera and takes her place front and center. In these pages you will read about the real life challenges of being a woman in a man's world, what it means to be a working mother,*

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*what it's like to be an older woman in a youth-obsessed culture, the sometimes changing, often sweet truth about marriages, what being a feminist really means, and that you are in good company if your adult*

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*children don't return your phone calls. So come, sit down, make yourself comfortable, (and for some of you, don't forget the damn reading glasses). You're in for a treat.*

*Stupid Things I Won't Do When I*



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*Get Old*

*Play the Happy Childlike Role  
Well at Every Age*

*You Don't Look Your Age...and  
Other Fairy Tales*

*The Small-Step Solution to a  
Better, Longer, Happier Life*

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*When I Was Your Age  
Not Your Shoe Size*

Francis Scott Key Fitzgerald

(September 24, 1896 – December  
21, 1940) was an American author  
of novels and short stories, whose  
works are the paradigmatic writings

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of the Jazz Age. He is widely regarded as one of the greatest American writers of the 20th century. Fitzgerald is considered a member of the "Lost Generation" of the 1920s. He finished four novels: "This Side of Paradise", "The

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Beautiful and Damned", "The Great Gatsby" (his most famous), and "Tender Is the Night". A fifth, unfinished novel, "The Love of the Last Tycoon", was published posthumously. Fitzgerald also wrote many short stories that treat themes

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of youth and promise along with age and despair. Fitzgerald's work has been adapted into films many times. His short story, "The Curious Case of Benjamin Button", was the basis for a 2008 film. "Tender Is the Night" was filmed in 1962, and

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made into a television miniseries in 1985. "The Beautiful and Damned" was filmed in 1922 and 2010. "The Great Gatsby" has been the basis for numerous films of the same name, spanning nearly 90 years: 1926, 1949, 1974, 2000, and 2013

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adaptations. In addition, Fitzgerald's own life from 1937 to 1940 was dramatized in 1958 in "Beloved Infidel".

Learn how to protect your health for the future by losing weight, and knock years off your age - with

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expert advice from Harley Street  
doctor, Dr Aamer Khan. Dr Khan  
has spent over 15 years performing  
cosmetic and non-surgical  
procedures, helping thousands of  
men and women, each with a  
different concern, achieve their aim



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- to look good and feel as good as they can. In TURN BACK TIME he gives the reader everything they need to know on how to look good and feel great in older age. With practical, personal and expert advice on the right exercise, nutrition to

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help you find the right balance in  
life.

The Love Hypothesis

Act Your Age, Eve Brown

Secrets to Look, Feel, and Think

Younger Every Day

A Novel

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Love Your Age

Act Your Age