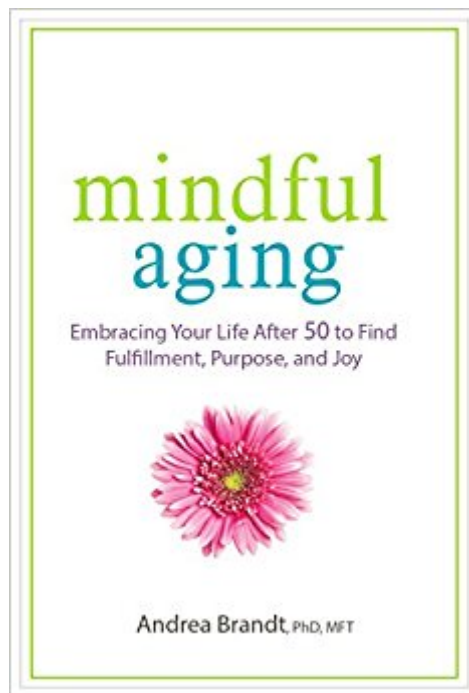




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Mindful Aging: Embracing Your Life After 50 To Find Fulfillment, Purpose, And Joy



Synopsis

Don't let ominous perception of "aging" - a lack of purpose, feeling irrelevant and under-used, having nothing to do - take control of you and your life. You have the power to change how you grow older. This book will show you how. Renowned psychotherapist and aging expert Andrea Brandt, PhD, MFT, helps you throw out the old stereotypes about getting older and move toward the welcoming new evidence that your future is alive with possibility, providing steps to thrive today and into your golden years. The acclaimed *Mindful Aging* is full of exercises and tools to help you embrace a new mindset and blaze a new trail in your life fueled by passion, purpose, and creativity. Through research, inspiring stories of real people, and Dr. Brandt's psychological insight, you'll be able to claim the immense joy and love that are yours to have, the deep wisdom that is yours to share, and the exciting self-discoveries and contributions that are uniquely yours to make. Join the millions who are becoming mindful about aging, and discover the secrets to creating a life that doesn't wane as the years go by. *Mindful Aging* will forever change how you view - and embrace - your life as you age.

Book Information

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Customer Reviews

Andrea Brandt, PhD, MFT, has over 35 years of clinical experience as a renowned psychotherapist, speaker, and author. In her work, Dr. Brandt reveals positive paths to emotional health that teach you how to reinvent and empower yourself. She emphasizes the mind-body-heart connection as a key to mental, physical, and emotional wellness. A featured media expert, Dr. Brandt has appeared on numerous television programs, radio shows, and podcasts. She is a contributor for *Psychology Today* and has written blog posts for *The Huffington Post*, *Mind Body Green*, *Psych Central*, and

more. Dr. Brandt is the author of 8 Keys to Eliminating Passive-Aggressiveness and Mindful Anger: A Pathway to Emotional Freedom.

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