



Embracing the Aging Process

Dr. Toni LaMotta

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Embracing the Aging Process Dr. Toni LaMotta

Are you caught up in what the media would have you believe about aging?

This book encourages the reader to explore four unique areas: Challenging myths and beliefs about aging; Doing a Life Review to find hidden potential; Discovering the spirituality of aging and finally, Setting intentions for a healthy, happy future. The book includes multiple journal activities that are both provocative and inspiring.

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