

OLD AGE AIN'T FOR WIMPS

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NEW YORK, NY, USA, December 5, 2015
/EINPresswire.com/ -- OLD AGE AIN'T FOR WIMPS—Great Holiday or Birthday Gift for Mom and Dad, Grandma and Grandpa.

By Marvin Rubinstein

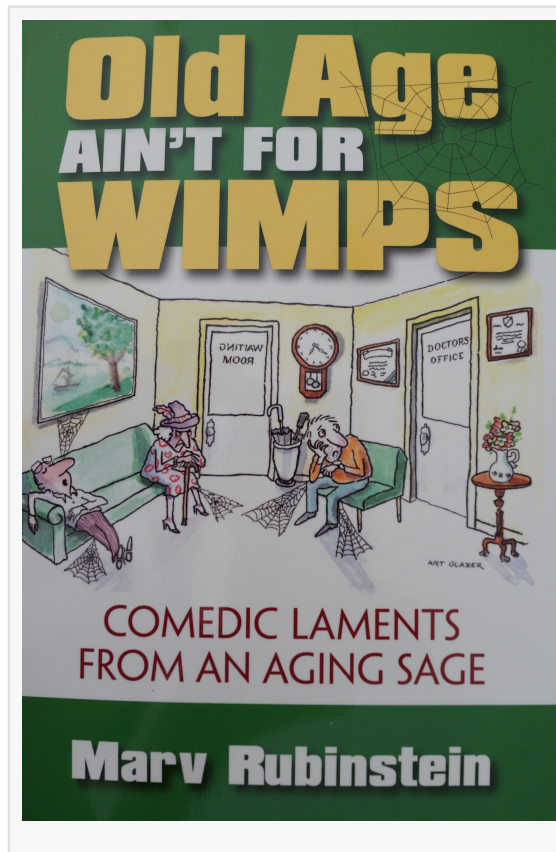
If you are over 65, or even just over 50 but pessimistic about future aches and pains, you will probably not enjoy the sensation of aging. But you will love this book. You will learn how to treat aging with a little bit of philosophy, a lot of rationality and a huge amount of humor. And the laughs will probably release enough endorphins in your brain to increase your life expectancy.

Attention! If you are a young sprout or a youngish middle-ager, what a great gift to parents, grandparents and great-grandparents. Uncles and Aunts too.

The following excerpt from a chapter entitled “Sick Old Man,” with its tongue-in cheek conclusion, makes the point:

I let a neighbor read most of the manuscript of this book in order to get some comments before submitting it to a publisher. Her reaction was, “I never realized that you had so many illnesses.” Well, I do and I don’t. As previously noted (no deadly cancer, no heart blockage, no high blood pressure, no diabetes, no strokes). I am physically in relatively good shape. One Doctor tells me: “You’re in great shape for the shape you’re in.” People tell me “You look great.” all the time, often claiming that I look ten to fifteen years younger than my actual age. They should check out the bulging veins and the wrinkles on the back of my hands. Detective stories tell us that people can conceal their age in many ways, but the hands are always a giveaway. Detectives are right. Still, a major insurance company offered me an \$800,000. insurance policy after going over my medical records with a fine-tooth comb.

“Their conclusion: I shall probably live into my mid-nineties. However, I go back to one of my original claims about feeling old. My medical history is probably not unusual for someone my age. No, it is not the specific illnesses which normally wear you down. It is the piling up over the years of one non-life-threatening ailment after another that makes one feel old. *Joi de vivre* may not be destroyed, but it certainly is diminished.



"When I die, and people ask my wife what the cause was, she can probably say, "Nothing serious."

The author knows. He started writing Old Age Ain't for Wimps at the age of 86 and finished it at 87 verging on 88. He is now 93, verging on 94. What you read is based on fact, not idle speculation. Whether you age gracefully or disgracefully, when you read this book, you will still find aging a little troubling, but with lots of joyful moments.

Buy this book! True, your purchase will make the author a little richer. IT WILL MAKE YOUR OLD AGE MUCH RICHER.

Read it, think and laugh.

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Old Age Ain't for Wimps is available now from Amazon and other book stores and suppliers.. Quantity discounts and signed copies are available from the Author.

For more information, please visit: <https://www.marvinrubinstein.com> or rubm@twc.

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