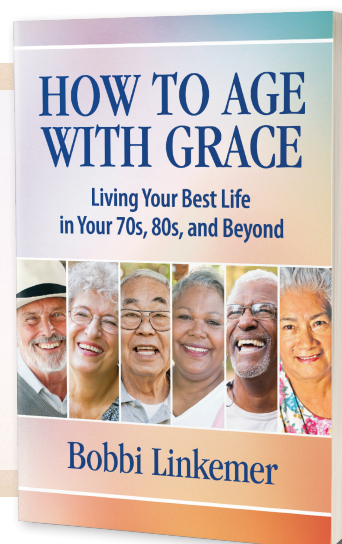


HOW TO AGE WITH GRACE

IS THE OWNER'S MANUAL OLDER ADULTS NEED TO:

- Guide them through the aging process,
- Answer their most pressing questions, and
- Help them plan astutely for the future.



What people are saying about author Bobbi Linkemer

“Bobbi doesn’t sugar-coat the fact that growing old is not for the faint of heart, but instead offers realistic suggestions on how to evaluate your current life situation and prepare for the future.”

—**Kim Wolterman** author of *Who’s Been Sleeping in My Bed(room)?* and *Keys to Unlocking House History*

“Bobbi brings decades of writing experience to this project—living her own best life every decade.”

—**The Rev. Linda Anderson-Little** author of *Motherhood Calling: Experiencing God in Everyday Family Life*

“Bobbi Linkemer shares well-earned advice for living a happy and healthy life in your later years and offers sensible solutions to the toughest questions older people face.”

—**Katherine Pickett** author of *Perfect Bound: How to Navigate the Book Publishing Process Like a Pro*

“Thinking about the issues of aging can be daunting. *How to Age with Grace* allows you to approach social, emotional, financial, and other issues in an organized and thoughtful way.”

—**Joan Hoffmann EdD**, author of *Ready Set Counsel*

“Bobbi Linkemer draws from her own as well as others’ valuable life experiences to offer ten practical steps to help us successfully cope with aging.”

—**Bhupendra O. Khatri, MD, FAAN** author of *Healing the Soul and Healthcare 911*

10 questions older adults are asking about how to live their best lives

1. What is the right attitude to help me through the aging process?
2. Who decides when I’m ready to stop living on my own?
3. What will it take to accident-proof my surroundings?
4. When is the right time for me to turn in my car keys and stop driving?
5. What will it take to maintain my health and vitality as I age?
6. How will I know when I’m ready to stop working?
7. Can I (and my adult children) face the tough questions about the end of life?
8. Am I financially prepared to retire?
9. How can I build and maintain my social circle?
10. How can I be sure my wishes for the end of my life will be honored?



Bobbi Linkemer: helping older adults live well now and prepare wisely for the years ahead

314-495-8589 • bobbi@howtoagewithgrace.com • www.howtoagewithgrace.com