



Polish Your Golden Years (Paperback)

By Carol Janice Burdette

ELOQUENT BOOKS, United States, 2010. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Polish Your Golden Years is filled with wonderful facts, tips and techniques on growing older with a positive, passionate outlook on life. This book will teach you the key elements of maintaining a healthy lifestyle, as well as focusing on areas such as: life after retirement managing chronic disease obtaining health care and medication coping with the loss of a loved one controlling your stress achieving wellness through exercise and nutrition This easy-to-read book is insightful, informative and perhaps the best resource for seniors living independently or with assistance. Written by a Registered Nurse with over 52 years of nursing experience, Polish Your Golden Years is a must read for seniors everywhere. Carol J. Burdette is a retired Registered Nurse and author of 26 Days to Wellness. She has taken care of hundreds of elderly patients, including her late husband, Edward, and wishes to continue helping people live a better quality of life through her books. Carol grew up in Glens Falls, New York, and now...



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