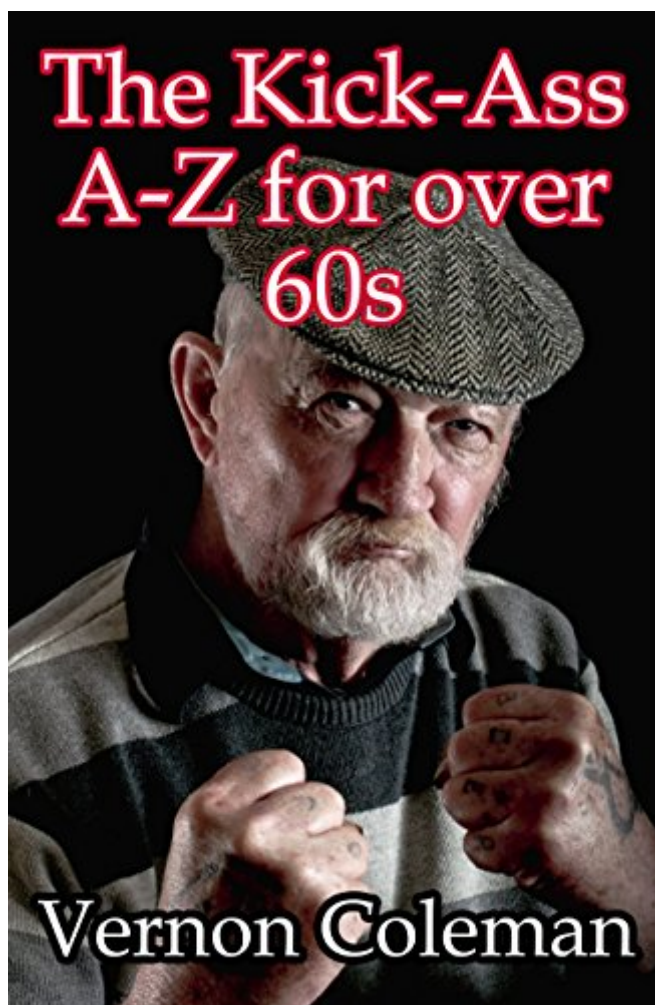


The book was found

The Kick-Ass A-Z For Over 60s: The Beginner's Guide To Older Age



Synopsis

A practical guidebook designed to show the over 60s how to look after themselves in an increasingly ageist world. Learn how to retain your freedom, dignity, independence and sense of humour. Stay young in spirit, start again at 65 (or older) and live a bonus life. Replace the depressing, pessimistic certainties of old age with the hope and confidence-drenched ambition usually associated with the young. Dr Vernon Coleman, a qualified doctor, is the author of over 100 books which have sold over two million hardback and paperback copies in the UK, been translated into 25 language and sold around the world. He has written columns for many leading publications and presented numerous programmes on TV and radio. He was the writer of the world's first medical software for general use. His novel Mrs Caldicot's Cabbage was turned into a highly successful movie. For a list of other books please see Vernon Coleman's biography on [and for free articles please visit \[www.vernoncoleman.com\]\(http://www.vernoncoleman.com\)](#)What the papers say:Vernon Coleman writes brilliant books - The Good Book GuideHe's the Lone Ranger, Robin Hood and the Equalizer rolled into one - Glasgow Evening TimesHe writes lucidly and wittily - Good HousekeepingCompulsive reading - The GuardianSuperstar - Independent on SundayKing of the media docs - The IndependentThe man is a national treasure - What Doctors Don't Tell YouRevered guru of medicine - Nursing TimesProbably one of the most brilliant men alive - Irish TimesBrilliant! - The PeopleMarvellously succinct, refreshingly sensible - The SpectatorA Godsend - Daily TelegraphBritain's leading medical author - The StarThe patients' champion - Birmingham PostBritain's leading health care campaigner - The SunNo thinking person can ignore him - The EcologistThe calmest voice of reason - The ObserverIt's impossible not to be impressed - Western Daily Press

Book Information

File Size: 2574 KB

Print Length: 157 pages

Publication Date: August 13, 2017

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B074SP7QNP

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #87,690 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Aging Parents > Eldercare #60 inÃ Â Books > Parenting & Relationships > Aging Parents #554 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health

[Download to continue reading...](#)

The Kick-Ass A-Z for Over 60s: The Beginner's Guide to Older Age The Leg Kick: Your Ultimate Guide to Using The Leg Kick for Mixed Martial Arts Meat Is for Pussies: A How-To Guide for Dudes Who Want to Get Fit, Kick Ass, and Take Names Fantasy Football for Winners: The Kick-Ass Guide to Dominating Your League From the World's Foremost Fantasologist The Fat Ass Guide to Hiking: Yellowstone National Park (Fat Ass Guides Book 1) Skinny Bitch in the Kitch: Kick-Ass Recipes for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!) Your New Prime: 30 Days to Better Sex, Eternal Strength, and a Kick Ass Life After 40 Radical Candor: Be a Kick-Ass Boss Without Losing Your Humanity Summary of Radical Candor by Kim Scott: Be a Kick-Ass Boss Without Losing Your Humanity Extreme You: Step Up. Stand Out. Kick Ass. Repeat. Think BIG and Kick Ass in Business and Life Think BIG and Kick Ass in Business and Life CD Get shit done!: For kick-ass women that want success now Camping Recipes: The Kick Ass Chef I'm Going To Kick Today's Ass!: (Journal) "Kick Ass" Home Security! Veteran Police Officer Reveals Simple Ways to Protect Yourself from Burglars, Thieves, and Other Scum-of-the-Earth! Kick Ass with Soy Candles!: Our [No Fail] Pretty-Damn-Reliable method iPad For Kids: 22 Kick-Ass Apps Parents Should Buy and Why! CRNA Mnemonics: 120 Tips, Tricks, and Memory Cues to Help You Kick-Ass in CRNA School Big Beautiful Women: Powerhouse Plus Beauties Kick Ass!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)