

the Curious Upside



of Growing Older

And the
7 Keys to
Making the
Most of It

CAROLINE
ANAYA
M.S.

" I was in tears,
I laughed, I cried,
I was educated
and inspired.
No pretense,
no preaching,
just common sense.
I loved this book. "

Meg Poulson
Fitness Director
Sun City Anthem

" If you can only read one book this year, this is the one. It's easy reading with a powerful message. Caroline presents the keys to thinking, acting and feeling young regardless of what the calendar says. "

Sheila Morse
Retired Professor

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