



Boomers' Journey: Zestful Aging In A Stressful Age

Merrill C. Hubbard Ph.D.

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Does Aging Mean that it's Time to Buy a Rocking Chair and Watch the World go by? Not according to Dr. Merrill Hubbard, who combines humor, serious research and political commentary to challenge the millions of baby boomers in the United States, many of whom have already turned 65, to continue to grow, find enrichment and enjoy satisfying lives. This concise self-help book is essentially a model for living the second half of life with enthusiasm and integrity. Each chapter in "Boomers' Journey" is followed by an exercise that challenges the reader to expand on the ideas presented in that chapter, with thoughts and insights of their own, making it perfect for a personal aging journal. Moving from the practical, to the psychological and spiritual challenges of aging provides the reader with depth and diversity. Read it as a guide along the path of life.

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Shawn Jones:

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