



Better Every Day (Never Too Late For Joyful Living)

Dorothy J. Wilhelm

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If you've passed the birthday that AARP calls The Big 5-0, and the future looks dismal, if the light at the end of the tunnel looks like a train is coming, this bright and breezy collection of hints, laughs, and observations will get you through the worst days. These chapters have been updated from their original appearance in Dorothy Wilhelm's newspaper column. No matter how the world looks, there's something here just for you. There's "Superman Doesn't Live Here Anymore" in which we face the fact that we can't depend on Super Heroes anymore. In "Tai Chi Chump", we explore the fact that we have control of our own destiny, as long as we can stay upright. Aiii-eeee! There's ideas for successful downsizing, rightsizing, oh, and an explanation for the Seahawks football team's Super Bowl loss. It turns out to be your fault. No matter where you are in life, there's something fun, inspirational, and heart lifting in Better Every Day.

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Chung England:

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