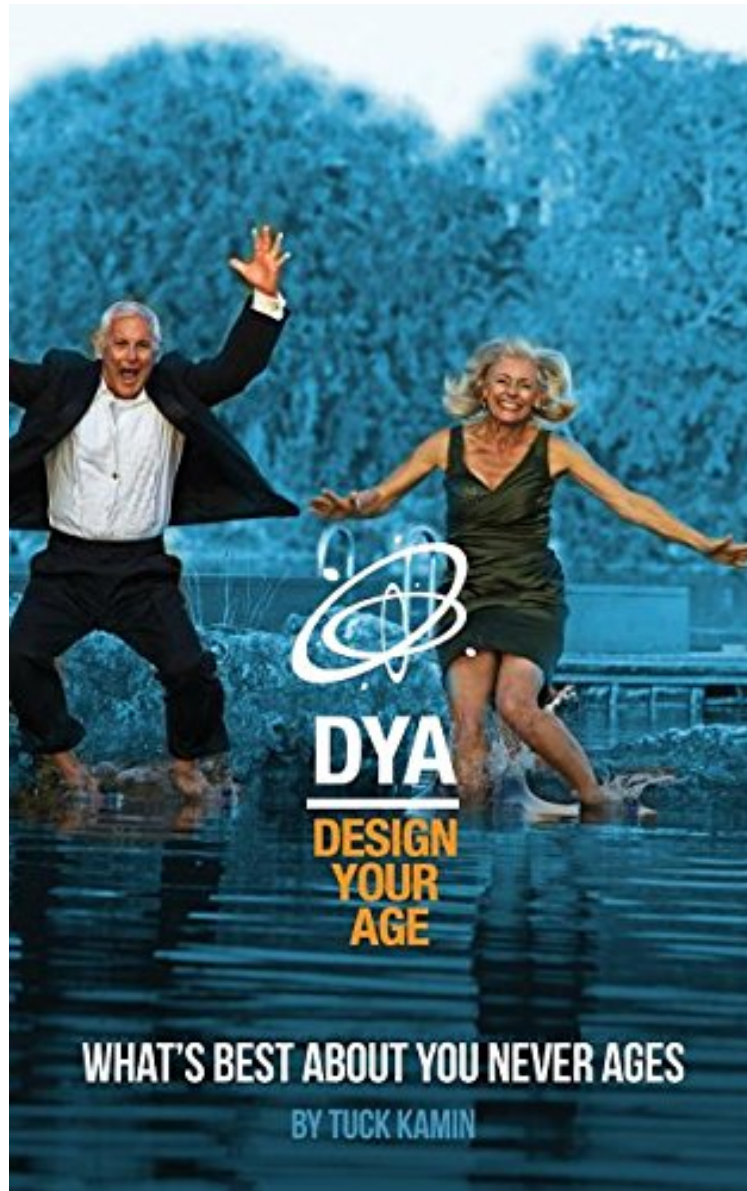


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## DESIGN YOUR AGE: What's Best About You Never Ages

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**Tuck Kamin : DESIGN YOUR AGE: What's Best About You Never Ages** before purchasing it in order to gage whether or not it would be worth my time, and all praised DESIGN YOUR AGE: What's Best About You Never Ages:

1 of 1 people found the following review helpful. An alternative to aging with fear.By Marian JonesThere is an alternative to aging with fear. Design Your Age is a map in that direction. Tuck Kamin has hit upon a REVOLUTIONARY MINDSET in regards to age. DYA is a workbook for the purpose of becoming a "Potential

Being". A person that lives her life with "a boundless, deep sense of curiosity, purpose and joy." Tuck's book is an exercise in training our minds to embrace who and where we are now no matter how old we are. AGE SMAGE is right. Forget about it! I believe that every baby boomer should read this book not just for themselves but for the purpose of knowing how to care for and understand their parents who are now in their 80's and 90's. As a society we must stop locking away these POTENTIAL BEINGS. We must learn to embrace the writings in this book for ourselves and for them.1 of 1 people found the following review helpful. I highly recommend this book to give your own keister a nice ...By Cathleen CoulterMy choice of books usually include those that have a brighter, more positive theme to the knowledge I am seeking. Tuck Kamin's message regarding the power I personally carry into these next 50 years is exactly what I was seeking. With so many nay-sayers talking about how they want to do much less after retirement with all their lists of "limitations" makes me want to pick them up and shake some sense into their minds. Design Your Age gave me greater insight backed up with the research from such powerful age-related scientists giving us boomers a much needed promising future. Tuck Kamin balances the science with a very keen sense of humor that makes this book impossible to put down. I came away feeling very empowered and want to give this book to so many of the younger set who want to lock up their parents all too quickly. Also are a handful of those who feel their life is FINISHED before it really has even began! I agree there is much more in life than what we read in the media. I highly recommend this book to give your own keister a nice kick to do more, live more and enjoy this life we have.2 of 2 people found the following review helpful. Age will not define me!!By Kathy HuegeleA wonderful, inspiring... MOTIVATING read! A fresh new perspective that will help you re-think much of the world how you perceive it!! And realize .. Age will not define you! There is so much still out there to live enjoy!! It is time for a "re do"!! This book is an easy read full of inspiration, fun, awareness ... Fill your "toolbox" with inspiration to grab ahold of life start a new journey!

Creating a new mindset in the way we see and act on aging. Tearing down old antiquated barriers of belief and providing new frameworks, behavior, attitudes, actions and creations in the subject of aging.