



## Silver Shades Of Grey: Memos For Successful Ageing In The 21st Century (Paperback)

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By Kanwaljit Soin

World Scientific Publishing Co Pte Ltd, Singapore, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you a young person? Middle-aged? Old? It doesn't really matter. Each of us grows older every second. Most of us age without taking charge of our life course, without a plan for our ageing. This book offers some operating instructions for life, a guide to engaging passionately with age! How does ageing affect us as individuals and as a society? What are the mysteries and the miracles of life? Which are the myths? And how can we cope with the mundaneness of our continuing life? The author invites you to join her as she delves into these questions about life and ageing with curiosity and contemplation, and with a sense of awe and adventure.

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