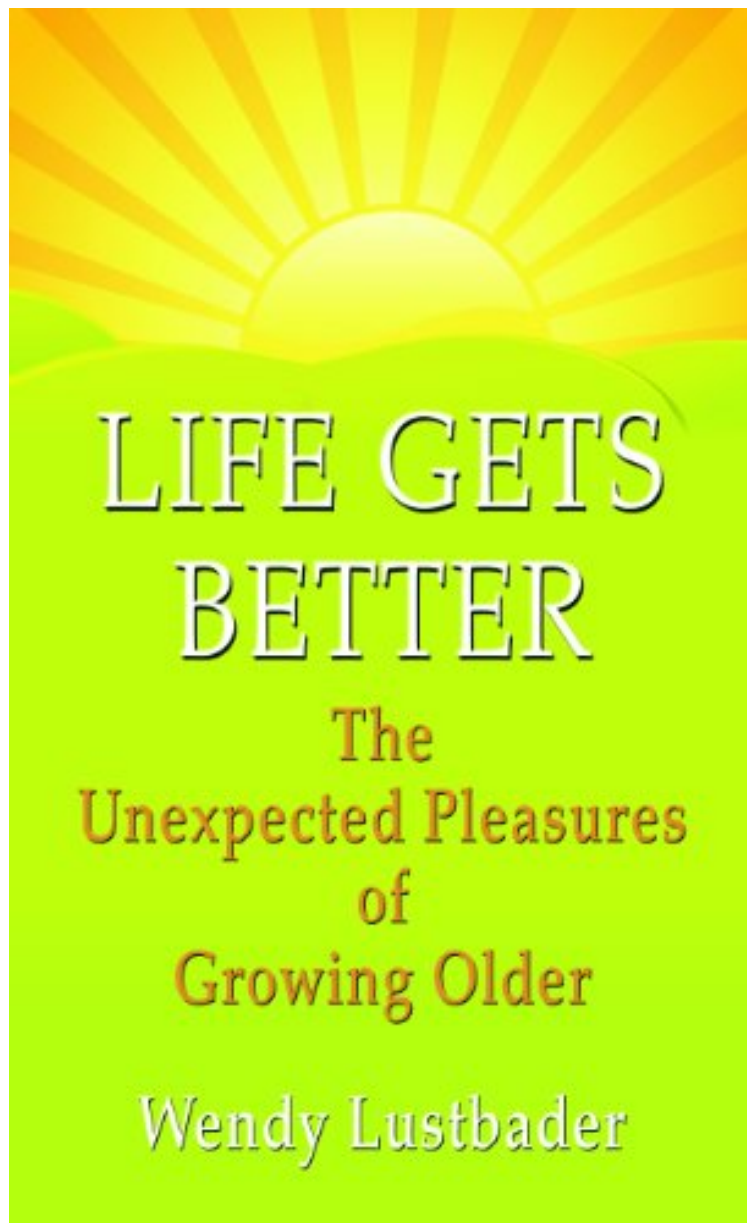


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## **Life Gets Better: The Unexpected Pleasure of Growing Older (Thorndike Large Print Lifestyles)**

*Wendy Lustbader*

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Better: The Unexpected Pleasure of Growing Older (Thorndike Large Print Lifestyles):

From our earliest years, we are told that youth will be the best time of our lives. But for many, Wendy Lustbader asserts, youth is a time riddled with tension, confusion and angst. As we get older, we gain self-knowledge, confidence, and an increasing capacity to be true to ourselves. Through first-person stories and Lustbader's observations, *Life Gets Better* looks beyond the physical challenges of aging into the discoveries and pleasures of growing older.