



Seven Ways to Lighten Your Life Before You Kick the Bucket 2015 (Paperback)

By Walt Hopkins, George Simons

Libri Publishing, United Kingdom, 2016. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book. A bucket list is a list of things to do before you die. This book is a guide to ways to live before you die. Whether you have a bucket list or not, the stories and insights in this book offer you seven clear ways to lighten-and enlighten-your life before you kick the bucket. George Simons and Walt Hopkins (international consultants in their midseventies) have lelearned a lot about living well while getting older-and they generously and intimately share those learnings with men and women concerned about ageing. If you are getting older-or if you know someone who is-this is a provocative, funny, and insightful guide to living a lively and meaningful life as the years go by. With Mark Twain-like humor and age-old wisdom.it s a guide to kicking out what brings you down and picking up the things that make you happy. Patrick Schmidt, Strasbourg, France.Author of In Search of Intercultural Understanding.



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