



Happy Birthday - You're Old: A Boomer's Guide to Aging and Other Unexpected Developments

Mr. R. Wayne Morgan

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Nearly every health issue of old age can be prevented, postponed, or healed. This is the central premise of Happy Birthday – You’re Old: A Boomer’s Guide to Aging and Other Unexpected Developments.

If you are in your 50s or 60s, you are a Baby Boomer. This book is for you.

*** It will provide some understanding of the changes you are noticing in your body.

***It will help you avoid or delay some aspects of aging.

***It will provide opportunities to reflect on your life.

Section I of this book is entitled Body Blows. These essays introduce common health issues of aging, providing understandable physiological explanations. They highlight features of aging that can be prevented or delayed by healthy lifestyle choices.

Section II of this book is entitled Memories and Musings. These essays are about the author’s experiences as a Baby Boomer. You may relate to some of them, prompting you to reflect on your own life.

Aging has a genetic basis. Happy Birthday – You’re Old uses science and humor to explain how we can influence the activity of our genes by our lifestyle choices and mental attitude. We have the power to modify our susceptibility to aging and disease.

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