



## A Delightful Little Book On Aging

by Stephanie Raffelock



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Non-Fiction - Self Help

Kindle Edition

Reviewed on 12/19/2019

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### Book Review

**Reviewed by Mamta Madhavan for Readers' Favorite**

A Delightful Little Book on Aging by Stephanie Raffelock is an engaging book with a collection of thoughts on how to live life happily and contentedly during old age. Aging cannot be stopped by using some magical formula but can be improved by getting rid of the worn-out attitudes that can stop it from being a positive experience. The author has divided the book into four sections based on the way she has perceived aging - Grief, Reclamation, Vision, and Laughter - and gives dignity and grace to aging with her wonderful perspective. It is a good book that will give courage and hope to all readers who are aging and aged to embrace life fully because it will help them realize that no one is in it alone.

A Delightful Little Book on Aging by Stephanie Raffelock tackles a topic that is relevant but has not been addressed much. It is also a topic that leads to grief for many, especially when youth and beauty are lost, and when the intentions of the heart are still strong but energy has gone. Loss and disappointments in life grow as age increases and sometimes it is this sharing of loss and grief between humans that makes living wonderful all over again. Friendships end. Children move away. The author's words are soothing and comforting and will give many aging and aged readers the strength to understand grief and become more compassionate human beings. The book will help humans bond deeply over shared stories of retrieved pieces of broken hearts, unexplainable tears, melancholy, and angst.