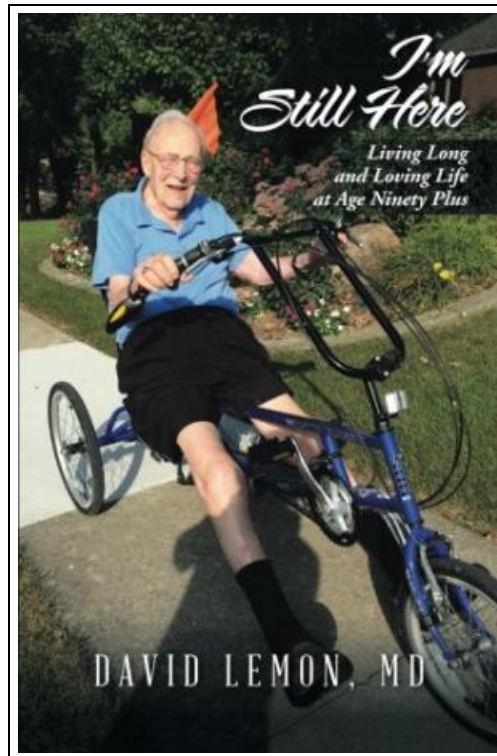


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iUniverse, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When Dr. David Lemon began his great adventure as a cardiologist in the Midwest, he and his colleagues agreed that anyone over the age of seventy was over the hill. Then a funny thing happened as time went on and patients in his office lived longer than ever before. Dr. Lemon discovered that seventy was not so old after all. Determined to learn what makes people greater than ninety years old tick, Dr. Lemon asked over one hundred and twenty senior citizens about their secrets for longevity and happiness, and recorded their enlightening responses over a four-year period. Happy to oblige, his interviewees share their views about what it takes to be ninety years old, how they got there, what their values are, and what life lessons we all can learn from their experience and successes. Some of their secrets include retaining a love for life, a zeal for new adventures, and a need to be relevant. While revealing their joys, failures, and frustrations, the participants shine a light on their courage, optimism, ability to laugh at themselves, and determination to always persevere. I m Still Here provides an illuminating glimpse into what it is like to age in twenty-first century America, ultimately proving that the circle through life is definitely a journey worth taking.



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