



# Wrinkles Don't Hurt: The Joy of Aging Mindfully

*M.Ed, Ruth Fishel*

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# Wrinkles Don't Hurt: The Joy of Aging Mindfully

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## **Wrinkles Don't Hurt: The Joy of Aging Mindfully** M.Ed, Ruth Fishel

No matter if we're thirty or ninety, we can learn to live in a way which will help us deepen our joy of living. And while we know deep down that wrinkles don't hurt, sometimes we disagree with those who tell us to seize the day--that the best is yet to come. We know the goal is to greet each day with optimism, enthusiasm, and a zest for living, but sometimes it's hard to know how to begin. Bestselling author Ruth Fishel provides much-needed wisdom, guidance, and inspiration to help us remain positive, present, and more mindful. Studies show that mindfulness may be the best medicine for what ails us physically and emotionally: It's a powerful tool that can keep our memories sharp, alleviate stress, boost immunity, and help us better handle life's ups and downs.

Written in a page-a-day format, *Wrinkles Don't Hurt* is filled with practical suggestions, affirmations, and whimsical illustrations that will help you let go of worries and fears, remember that you are not alone, and help you discover and celebrate the joys that come with living a seasoned life.

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