



# Silver Linings:: What Five Ninety-Something Women Taught Me About Positive Aging

*Peggy Brown Bonsee*

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Role models are not just for the young. Professional life coach Peggy Bonsee believes they are just as important in later years as when we start out in life. This book profiles five "golden ladies" who inspired and taught her by tackling the inevitable challenges of age with creativity and panache. Readers will meet the wise and funny Claire, the smart and modest Jane, the practical and loving Lilma, the fearless Estelle, and the "very unconventional" Maggie. As their lively profiles show, these very different women shared a determination to live as fully as possible throughout their long and richly experienced lives, modeling the kinds of attitudes and decisions that will help readers negotiate the challenges of later life and enjoy increased well-being despite the circumstances. Thoughtful reflections, optional exercises, and a valuable resource section add guidance to inspiration, making this book an invaluable resource for baby boomers facing retirement or anyone interested in the choices and attitudes that contribute to living well at any age.

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