



Prime of Your Life: A Guide for Fifty and Beyond

Woodrow Kroll, Don Hawkins

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Every seven seconds another individual in America turns fifty, and these "midlifers" are facing problems that become more complex each year. Many are sandwiched between caring for nearly grown children and providing assistance to aging parents. Written from a biblical perspective, Prime of Your Life addresses many of the concerns facing those who have reached midlife, including:

- --How can I deal with my changing emotions?
- --What factors should I consider when deciding on nursing care for my parents?
- --How can I stay grounded spiritually as I grow older?
- --How can I plan for my financial future?
- --As a Christian, how should I view aging and death?

Offering wisdom gained from their own experiences, the authors combine useful information with spiritual insights.



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