

GRATITUDE JOURNAL

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR

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WATER INTAKE



WEATHER



NOTES / REMINDERS

TODAY'S AFFIRMATION

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SOMETHING I'M PROUD OF

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TOMORROW I LOOK FORWARD TO

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Notes Thoughts Do Schedules Diary Journal Notebook Gratitude

Creative Coloring Books for Adults



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Your Aging Body Can Talk Susan Levy, 2017-06-12. Written by a chiropractor and alternative health practitioner with over 30 years of experience, this book addresses health and wellbeing of body, mind, and spirit for an aging population. 50. Uniquely, this material is presented through the lens of Clinical Kinesiology. This simple self-help tool of muscle testing allows readers to find out what their own body knows and needs. They learn that the body speaks through either strong or weak muscle responses to questions asked or situations presented and are instructed in how to do this simple self-testing for a variety of health issues. Stories of other seniors who have used this methodology to their benefit provide a platform for acceptance and motivation, and each chapter contains specific recommendations for its use. How to become a wise elder is another unique emphasis of this book. The author encourages us to learn from many different cultures and traditions, a more life-positive view of aging. In fact, she coins the word 'Youthing' to describe such a re-orienting of mind, purpose, and activity toward optimum vibrancy and flexibility leading to longevity. Stories of successful transitions into elderhood give hope to those who are confused or anxious about becoming older. Since the body's health is intimately related to that of mind and emotions, a 'Youthing' approach will be characterized by equanimity, gratitude, forgiveness, and dynamic relationship with others. Her many exercises and suggestions are designed to encourage readers to value themselves as worthwhile wisdom contributors. You can assume the stance of a respected elder, she declares, even if the surrounding culture does not immediately support that. In other words, readers are invited to be the change they want to effect. Far from being a scholarly or scientific text, *Your Aging Body Can Talk* is written for immediate use by maturing practitioners or laypersons. Throughout the book, the concerns of an aging population are consistently placed in the forefront. How to develop an anti-inflammation diet and lifestyle. The factors that affect longevity. How to build cognitive health and brain vibrancy. How to find or refine your life's purpose, no matter what your age. Why detoxification is so essential at any age.

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