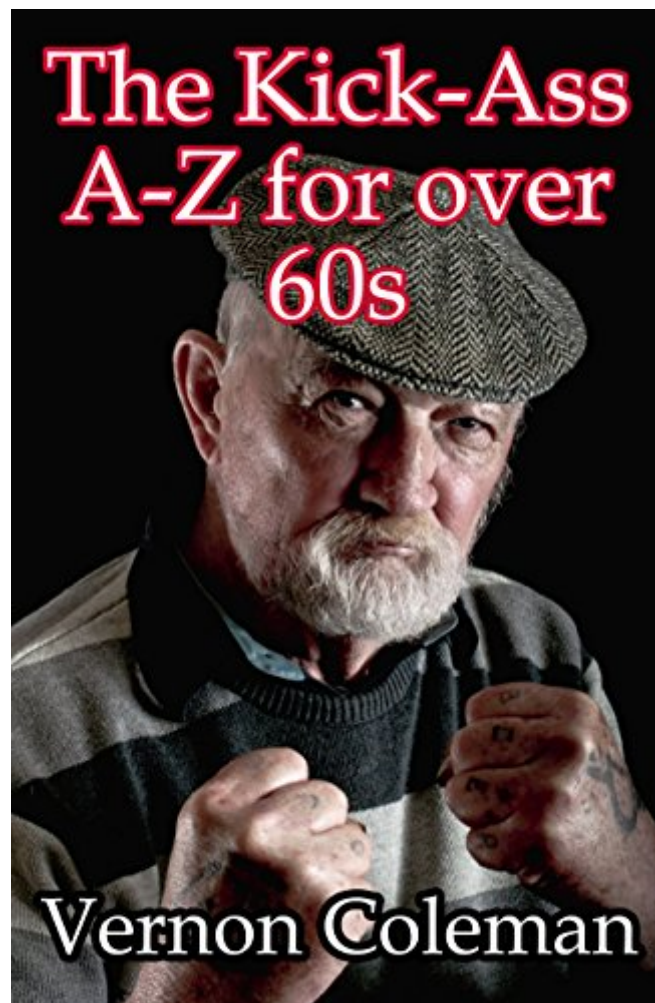




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# The Kick-Ass A-Z For Over 60s: The Beginner's Guide To Older Age



## Synopsis

A practical guidebook designed to show the over 60s how to look after themselves in an increasingly ageist world. Learn how to retain your freedom, dignity, independence and sense of humour. Stay young in spirit, start again at 65 (or older) and live a bonus life. Replace the depressing, pessimistic certainties of old age with the hope and confidence-drenched ambition usually associated with the young. Dr Vernon Coleman, a qualified doctor, is the author of over 100 books which have sold over two million hardback and paperback copies in the UK, been translated into 25 language and sold around the world. He has written columns for many leading publications and presented numerous programmes on TV and radio. He was the writer of the world's first medical software for general use. His novel Mrs Caldicot's Cabbage was turned into a highly successful movie. For a list of other books please see Vernon Coleman's biography on [and for free articles please visit \[www.vernoncoleman.com\]\(http://www.vernoncoleman.com\)](#)What the papers say:Vernon Coleman writes brilliant books - The Good Book GuideHe's the Lone Ranger, Robin Hood and the Equalizer rolled into one - Glasgow Evening TimesHe writes lucidly and wittily - Good HousekeepingCompulsive reading - The GuardianSuperstar - Independent on SundayKing of the media docs - The IndependentThe man is a national treasure - What Doctors Don't Tell YouRevered guru of medicine - Nursing TimesProbably one of the most brilliant men alive - Irish TimesBrilliant! - The PeopleMarvellously succinct, refreshingly sensible - The SpectatorA Godsend - Daily TelegraphBritain's leading medical author - The StarThe patients' champion - Birmingham PostBritain's leading health care campaigner - The SunNo thinking person can ignore him - The EcologistThe calmest voice of reason - The ObserverIt's impossible not to be impressed - Western Daily Press

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