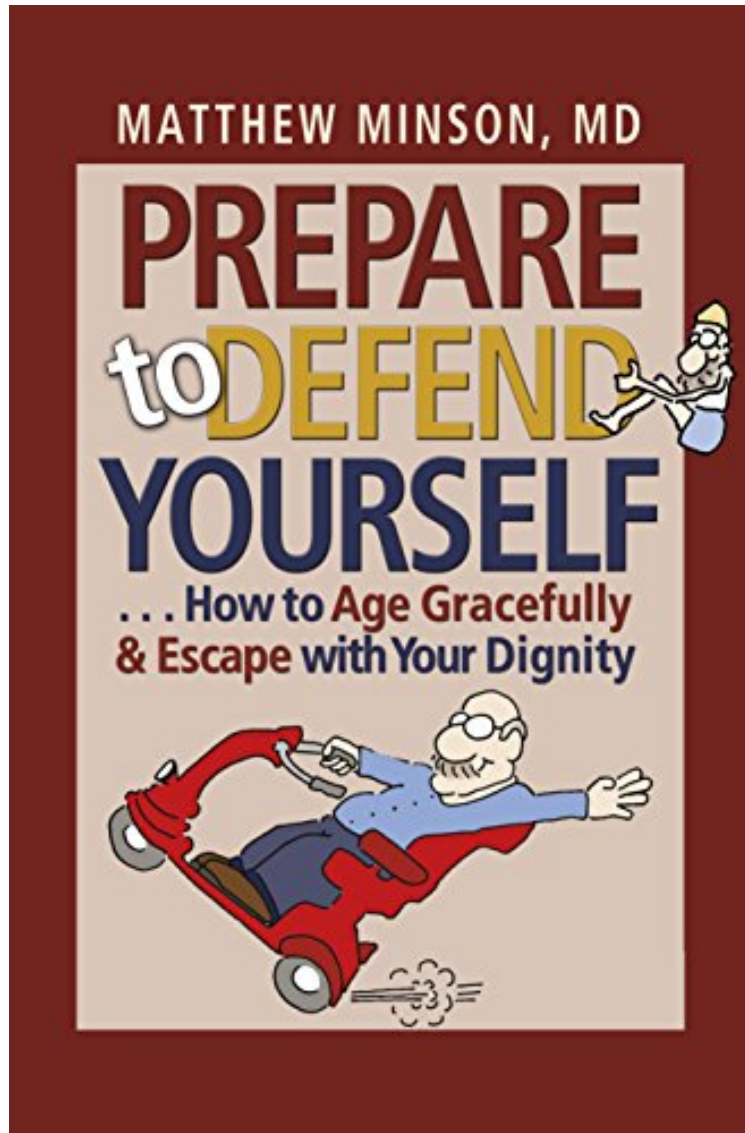


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## Prepare to Defend Yourself . . . How to Age Gracefully and Escape with Your Dignity

Matthew Minson

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**Matthew Minson : Prepare to Defend Yourself . . . How to Age Gracefully and Escape with Your Dignity** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Prepare to Defend Yourself . . . How to Age Gracefully and Escape with Your Dignity:

2 of 2 people found the following review helpful. Loved this book! We are going to be there someday, hopefully. By Customer This book was so helpful to me and my family. My parents are of an age that this was very valuable information and was a very easy read and communicated complex issues very simply. The best part was it was fun to

read because of the great cartoons! I highly recommend this to everyone that has parents or loved ones that are in this age group. Frankly we are all going to be there or hope to be there some day, never too early to be prepared. 1 of 1 people found the following review helpful. Was fortunate enough to hear DrBy Joann MiazgaEnjoying the books. Was fortunate enough to hear Dr. Minson speak in person. 1 of 2 people found the following review helpful. Delightful Informative!By SwePeaDr. Minson has such a wonderful way of describing the many aspects of aging and great insights on how to improve our golden years. I laughed over so many passages that I hardly realized how much I was learning until I paused to think about all I'd read. It was even better than his first book. Can't wait for the next one!

The author of Prepare to Defend Yourself; How to Navigate the Healthcare System and Escape with Your Life is back. This time Matthew Minson, MD, turns a penetrating and whimsical eye on the medical and social aspects of aging in Prepare to Defend Yourself;How to Age Gracefully and Escape with Your Dignity. While seeming to simultaneously channel a combination of Benjamin Franklin and Charles Schulz, Dr. Minson goes after bodily changes, behaviors;good and bad, and what everyone can do to make life more bearable and;dare we say it;fun after fifty. Laced with his unique style of poignancy and humor and peppered with his own surrealistically funny cartoons, the book bravely takes on health, finances, sex, diet, exercise, death, the law, and what you can do to protect what matters most as you age. It's life, liberty, and the pursuit of a chuckle in this groundbreaking book that just might make you look forward to your golden years. For anyone of any age who plans on aging with their dignity intact, this is the book for you. For more information about this book and its author please visit <http://www.preparetodefendyourself.com>

"[Prepare to Defend Yourself. . .How to Age Gracefully and Escape with Your Dignity is] delightful and witty, and deals with many problems an aging person may encounter, such as bodily changes, altered behaviors, both good and bad and what one can do to make life more bearable and fun after 50. Prepare to Defend Yourself is a book that everyone should read." — The Mexia News