



Middle Age Renaissance: Body, Mind, and Spirit

Doug Brooks

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What does it mean to be middle aged? That youth, hope, and promise are gone? Middle age can offer an opportunity for a new beginning—a renewal of the body, mind, and spirit. It's about second chances. In *Middle Age Renaissance*, author Doug Brooks shows how middle age can be the time to think about pursuing positive change and taking the opportunity to renew yourself for today and all of your tomorrows—for yourself and those who care about you. Drawn from a host of personal experiences, Brooks provides suggestions and advice for getting that second chance. Through stories and anecdotes, *Middle Age Renaissance* helps you to build your body for health and self-esteem, to build your mind for wisdom and truth, and to build your spirit for love and joy. Useful and inspiring, *Middle Age Renaissance* helps middle-aged people understand they can't change the past, but they can work toward becoming the person they could and should be.

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