



# Once Upon A Time I Would Grow Old: Life-Changing Ideas for The Art of Living Older

*Lara Jay Hequet*

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Every living being grows older everyday. Yet, it is a natural act of life that is associated with negativity and anti-isms. Once Upon A Time I Would Grow Old puts the spotlight on being older as a powerful, positive and purposeful time full of fun, wild passion and crazy adventures loaded with the ability to not care what anyone else has to think about your true Self. You will be introduced to the concept of Living Older instead of growing older. Be inspired to embrace the dark corners of the unknown future as you live every present day with a groove that is uniquely yours. You are presented with Life Changing Ideas, 55 Practices and Inspirations to Guide you from the act of growing older to The Art of Living Older. Once Upon A Time I Would Grow Old is written with an authentic voice and raw reality. It presents inspirations through a variety of creative platforms to include original poetry, quotes, story and illustrations. It provokes you to embrace a different take on acquiring the gift in the form of increased years of life. The 55 guides introduces a lifestyle guide to include new language terms and words, health, sexuality, relationships, spirituality, food and how to eat, movement, adventure and much more. Adopt the Art of Living Older and the book leads you to a community of like minded people ready to live the best life yet while continuously learning, making positive social change and having lots of fun.

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