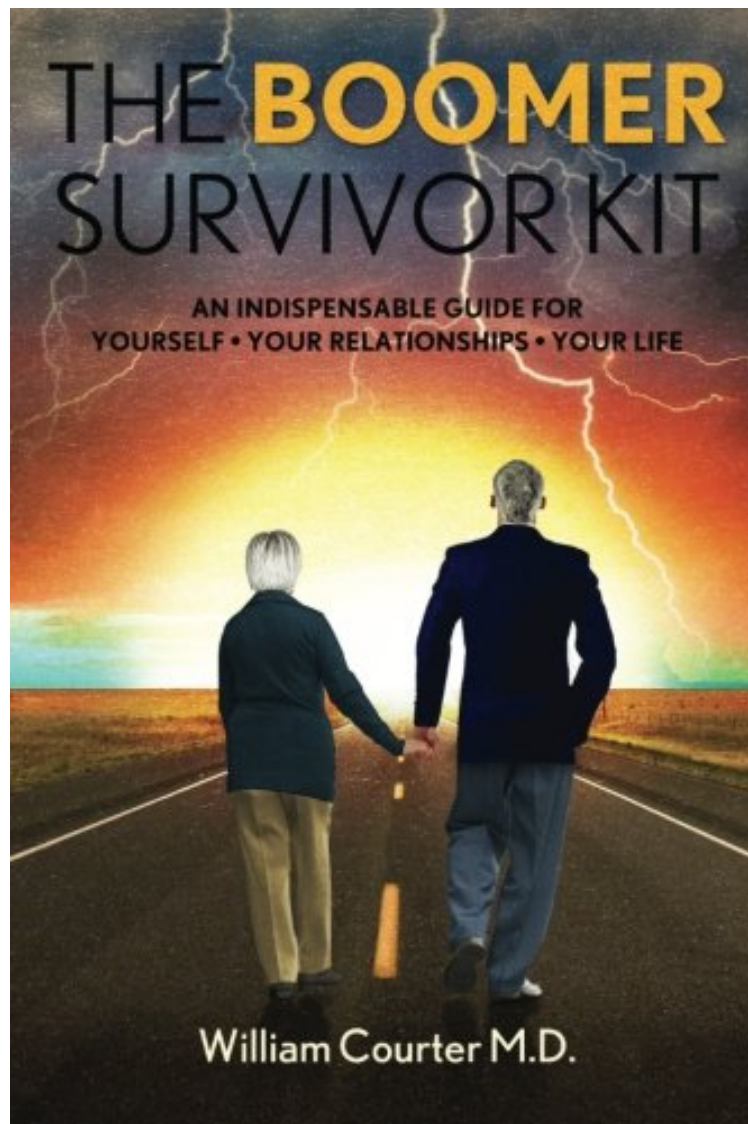


[Mobile pdf] The Boomer Survivor Kit: An Indispensable Guide For Yourself * Your Relationships * Your Life

The Boomer Survivor Kit: An Indispensable Guide For Yourself * Your Relationships * Your Life

William Courter M.D.

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William Courter M.D. : The Boomer Survivor Kit: An Indispensable Guide For Yourself * Your Relationships * Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised The Boomer Survivor Kit: An Indispensable Guide For Yourself * Your Relationships * Your Life:

2 of 2 people found the following review helpful. A great book!By Dr. Donna HoffmanI am an avid reader, but I

rarely post a review of anything I read. The book has to really have an impact on me in order for me to give a review. This is one of those rare books. This is a wonderful book. First of all, I like the big print. It made for such an easy read. There are 93 short chapters in the book that are each packed with a wealth of information to improve our quality of life, for not only baby boomers, but for future generations of people entering their golden years. Dr. Courter offers valuable tools to make our lives less stressful, more balanced, and far more meaningful. He does an excellent job of not only giving us the pertinent down-to-earth facts that we need to know to redesign our lives for the upcoming years, but also manages to share some heartwarming personal stories that make the book for a wonderful read. There were a couple stories that were fun, such as the golfer and the great ant massacre and the story of sitting in the front yard shoeless making the property values go down. He also did a great job of weaving in historical facts, quotes, and stories from the great thinkers and leaders of the past and present. Every chapter is well-thought out and nicely written. My favorite chapters are "When Did You Last Touch The Earth", "Have You Seen Our Livestock", "Ready to Try a New Eating Style", "The Value of Positive Thinking", "Have You Buried Your Dreams", "The Last 20 Percent of Effort", "How to Avoid Solo Aging" and this is just to name a few. I like how the chapters are broken down into doable steps. The steps are logical and easy to follow. Dr. Courter shows us how to have sharpened mental clarity, how to reawaken our passions, renew our purpose, increase our spirituality, and enhance our opportunity to leave a legacy. I find myself drawn to everything he has said in the book. The "aha" moment for me was when he said that what really is important is "Did you live? Did you love? Did you make a difference? It is a shame that none of this is ever talked about in the educational system. When the important stuff in life is missing from our educational training, as we move through the various stages of our lives, we struggle more without this knowledge. The Boomer Survivor Kit has brought the information we need out into the forefront to help create a beautiful life beyond age 65. Dr. Courter has given a new beautiful meaning to the word "golden years". The book is such a wonderful and valuable tool and one that I will refer to often as I go through my golden years and work with my coaching clients. By the way, Dr. Courter offers a disclaimer in the book. He admits that he cannot do anything to change our finances, but he offers the reader something more important and valuable and that is that he can help change our lives and help us create a more meaningful future. I believe the book has done just that. I just finished reading the book two weeks ago and I have already applied it to my life and I see it changing for the better. I recommend The Boomer Survivor Kit to everyone, as we will all be entering this time of our lives someday. Let's make it our best years! Dr. Courter also hosts a website called BoomerHealthInstitute.com. It is an excellent resource that offers updates beyond the book on how to improve the quality of our lives for a better future.

1 of 1 people found the following review helpful. The Boomer Survivor Kit By Anita DuPlessis I found this book extremely interesting and helpful. Having recently reached retirement age and looking at retirement in the eye, this book was thought provoking and informative. I learned a lot about the origins of where our food comes from, how that and many other life behaviors one takes for granted affects our lives today and will make a difference in our future. Dr. Courter's writing is engaging and full of enough personal experiences to make the reader feel he has been there and writes to the general, everyday, regular person. I highly recommend this book.

1 of 1 people found the following review helpful. A Prescription for the Good Life By Annamarie This book makes a compelling case for how to have a much better life. It is a prescription from a doctor looking at the whole person. Though he is specifically addressing the boomer generation who is looking at retirement, the information and exhortations to take care of our body, mind and spirit are meaningful to a person of any age who seeks happiness and satisfaction in life. Personally I found the sections on food particularly compelling. While the information is not new the author puts it together so that it is chock full of information but not weighted down with footnotes. Similar care has gone into explaining the importance of exercise, healthy mental habits and having meaning in one's life. He interleaves the serious information with personal, honest anecdotes, and other stories. His chapter on "How to Avoid Solo Aging" is exactly right. He points out that living alone can lead a person into social isolation which become debilitating depression. We humans need to be able to be contribute and give to others.. which can only happen when we are connected. I keep telling people about this book. If you are like me, Dr. Courter's book will work on you. Then maybe you will decide to follow his prescription and challenge to take the steps to having a life you can really enjoy.

What keeps you up at night? Never-ending stress? Finances? Health? Long hours of work? Aging parents? Your children and their safety and future? The generation of baby boomers is plagued by increasing stressors and complex problems, compounded by a host of global and historic changes. Collectively, these issues are ravaging their lives (financially, professionally, and personally) and straining their families and relationships. There are 74-77 million baby boomers in the US. For the next 20 years 10,000 Americans will turn 65 each day. By the year 2020, 36% of the worlds population (2.7 billion) will be over 50, and 20% of the worlds population (1.6 billion) will be over 65. This aging population and the associated challenges must be addressed. As Associate Medical Director of a health care agency, national consultant on difficult patients, and the founder of the Boomer Health Institute, Dr. Courter has utilized his experiences to create a life-changing survivor kit for baby boomers with specific steps for redesigning yourself, your relationships, and your world. The goal of this book is to make your life less stressful, more balanced, and far more meaningful. You will discover renewed health, higher vitality, sharpened mental clarity, reawakened

passions, renewed purpose, stronger connections to others, increased spirituality, and an enhanced opportunity to share, give, and leave a legacy. For baby boomers, it is just not a personal challenge; it is a family responsibility. Are you willing to accept the challenge and change yourself and your life?