



Living Longer, Living Well: How to Embrace the Challenges of a Long Life

Brigitte Nioche

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“I am a psychologist, so people come to me with all sorts of issues, including aging. Brigitte Nioche’s timely book provides insightful and common-sense tips for how to navigate something we all hope to achieve—a happy and healthy life as we get older. She presents a wealth of information that, if followed, will make our lives so much more pleasurable. Brigitte believes in living life to the fullest, and we should all follow her example. This is a book I would recommend without reservation.”

—J. Joseph De Simone, Ph.D., psychologist

NOT READY TO BE OLD YET?

What’s a woman “of a certain age” to do about sex, social media, and the latest fashion trends? In this charming, often self-effacing memoir, Brigitte Nioche shares her personal experiences of staying positive, dealing with the challenges that come in the second half of life, and living life to the fullest.

“What a completely delightful book. Brigitte Nioche seamlessly weaves practical advice into her often wildly entertaining personal stories. She brings deep knowledge and a generous heart to the subject of living well as we age. This is the book everyone over 50 should read.”

—Andrea Pflaumer, author of *Shopping for the Real You* and host of Vital, Vivacious, and Visible after 50



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