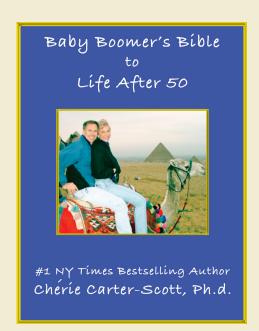
# Baby Boomers Bible to Life After 50

Ten Truths to add years Gracefully

By Dr. Chérie Carter-Scott



#### Rule One: YOU ARE NOT WHO YOU WERE

Your evolution as a person is non-negotiable. How you deal with the changes you experience is up to you.

Rule Two: TAKING CARE OF YOURSELF HAS NEW RELEVANCE Now more than ever, the way you treat yourself makes a difference.

#### Rule Three: STAYING ACTIVE IS THE KEY TO VITALITY Being actively engaged in life is crucial for your mental and physical well-being.

## Rule Four: YOUR ATTITUDE DETERMINES THE QUALITY OF YOUR EXPERIENCE

Your attitude colors every situation you experience; in turn, each situation affects your attitude.

### Rule Five: ENTHUSIASM IS WHAT GIVES YOUR LIFE MEANING When the fire burns in your belly it keeps the engine moving forward.

### Rule Six: NURTURING YOUR RELATIONSHIPS KEEPS YOU CONNECTED

Stimulation, feedback, and fun with friends nourishes the spirit.

## Rule Seven: DEALING EFFECTIVELY WITH LOSS ENHANCES LONGEVITY

We all lose people and situations we love. It is by processing these losses and letting go that we are able to move on and live new chapters of our lives.

## Rule Eight: COMING TO TERMS WITH YOUR PAST ALLOWS YOU TO EMBRACE YOUR FUTURE

Letting go of the past enables you to be present in your life.

#### Rule Nine: PLANNING AHEAD SUPPORTS LIVING IN THE PRESENT

Now more than ever, organizing your affairs will enable you to live as you choose.

#### Rule Ten: THE LEGACY YOU LEAVE BEHIND IS UP TO YOU

The imprint you make on the world is comprised of all that you do, all that you say, and all that you are.