



# The Beauty of Aging: Growing Older with Grace, Gratitude and Grit

*Karen O'Connor*

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## **The Beauty of Aging: Growing Older with Grace, Gratitude and Grit** Karen O'Connor

Getting older is portrayed in the media as something to dread! We use Botox, color our hair, dress younger, go on special diets...anything we can do to put off the inevitable. But rather than fearing aging, it's time to embrace it, says popular speaker Karen O'Connor. We can handle the aging process and its blessings and burdens with grace, gratitude and grit! By looking at seven areas of life—Faith, Family, Friends, Finances, Fitness, Food, and Fun—O'Connor shows you how getting older can mean getting better! Learn how to “raise your happiness quotient,” change your attitude and discover the delights of being 50-plus.

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