



# Don't Fight Growing Older, Hug It!

*Sue Wright Owens*

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## **Don't Fight Growing Older, Hug It!** Sue Wright Owens

At some point in my recent years, I began to think about getting older, what it's like and how to handle it. If I encountered health problems, regardless of the severity, I really needed to try to laugh, smile, and see the lighter side. This sure isn't easy to do, especially with pain. I decided to write aging poetry and attempt to poke humor wherever possible. Hopefully, my aging poetry will help others.

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Are you kind of stressful person, only have 10 or even 15 minute in your morning to upgrading your mind talent or thinking skill even analytical thinking? Then you are having problem with the book when compared with can satisfy your short space of time to read it because this time you only find book that need more time to be learn. Don't Fight Growing Older, Hug It! can be your answer given it can be read by an individual who have those short extra time problems.

#### **James Shockley:**

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