



Prepare to Defend Yourself . . . How to Age Gracefully and Escape with Your Dignity

Matthew Minson

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The author of *Prepare to Defend Yourself... How to Navigate the Healthcare System and Escape with Your Life* is back.

This time Matthew Minson, MD, turns a penetrating and whimsical eye on the medical and social aspects of aging in *Prepare to Defend Yourself...How to Age Gracefully and Escape with Your Dignity*.

While seeming to simultaneously channel a combination of Benjamin Franklin and Charles Schulz, Dr. Minson goes after bodily changes, behaviors—good and bad, and what everyone can do to make life more bearable and—dare we say it—fun after fifty. Laced with his unique style of poignancy and humor and peppered with his own surrealistically funny cartoons, the book bravely takes on health, finances, sex, diet, exercise, death, the law, and what you can do to protect what matters most as you age. It's life, liberty, and the pursuit of a chuckle in this groundbreaking book that just might make you look forward to your golden years.

For anyone of any age who plans on aging with their dignity intact, this is the book for you.

For more information about this book and its author please visit <http://www.preparetodefendyourself.com>

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Dorothy Bernstein:

This Prepare to Defend Yourself . . . How to Age Gracefully and Escape with Your Dignity is great book for you because the content and that is full of information for you who also always deal with world and still have to make decision every minute. This specific book reveal it information accurately using great coordinate word or we can claim no rambling sentences inside it. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but tricky core information with attractive delivering sentences. Having Prepare to Defend Yourself . . . How to Age Gracefully and Escape with Your Dignity in your hand like keeping the world in your arm, data in it is not ridiculous a single. We can say that no guide that offer you world with ten or fifteen moment right but this reserve already do that. So , this can be good reading book. Hi Mr. and Mrs. busy do you still doubt that?

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