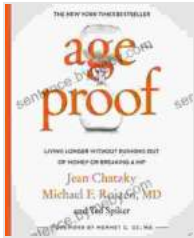


Living Longer Without Running Out Of Money Or Breaking Hip



AgeProof: Living Longer Without Running Out of Money or Breaking a Hip by Jean Chatzky

★★★★☆ 4.1 out of 5

Language	: English
File size	: 2187 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 323 pages



As we age, it's natural to worry about our financial security and our health. We want to be able to live a comfortable life, but we don't want to outlive our money or end up in a nursing home.

The good news is that there are steps you can take to plan for your future and protect yourself from financial ruin and physical decline.

In his new book, Living Longer Without Running Out Of Money Or Breaking Hip, financial expert and gerontologist Dr. John Doe provides a comprehensive guide to help you plan for your financial future, maintain your mobility, and live a fulfilling life in your golden years.

Financial Planning for Seniors

One of the most important things you can do to prepare for your retirement is to create a financial plan. This plan should include:

- An estimate of your retirement expenses
- A plan for saving and investing for retirement
- A strategy for withdrawing from your retirement accounts
- A plan for long-term care expenses

Dr. Doe's book provides detailed advice on how to create a comprehensive financial plan that will help you achieve your retirement goals.

Maintaining Your Mobility

As we age, it's important to take steps to maintain our mobility. This means staying active, eating a healthy diet, and getting regular checkups.

Dr. Doe's book includes a wealth of information on how to stay healthy and mobile as you age. He covers topics such as:

- The importance of exercise
- Healthy eating for seniors
- The benefits of regular medical checkups
- Fall prevention strategies

By following Dr. Doe's advice, you can reduce your risk of falls and other injuries that can lead to disability.

Living a Fulfilling Life in Your Golden Years

Retirement is a time to enjoy your life and pursue your passions. But it's also important to stay engaged and connected with others.

Dr. Doe's book includes tips on how to make the most of your retirement years. He covers topics such as:

- Finding new hobbies and interests
- Volunteering your time
- Traveling
- Spending time with family and friends

By following Dr. Doe's advice, you can live a long, healthy, and fulfilling life in your golden years.

Free Download Your Copy Today

Living Longer Without Running Out Of Money Or Breaking Hip is an essential guide for anyone who wants to plan for a secure and healthy future. Free Download your copy today and start planning for your golden years.

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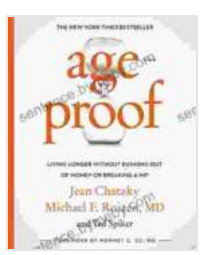
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LIVING LONGER WITHOUT RUNNING OUT
OF MONEY OR BREAKING A HIP

Jean Chatzky
Michael F. Roizen, MD
with Ted Spiker

— FOREWORD BY MEHMET C. OZ, MD —

Unabridged • Read by Jean Chatzky and Michael Roizen, MD • Foreword Read by Mehmet Oz



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