



The
OlderWiserWomen™

Guides

*Tips for
Successful Aging
and
Vibrant Living*



by Barbara C. Phillips, NP

Introduction

Welcome to *The OlderWiserWomen™ Guides, Tips for Successful Aging and Vibrant Living*.

Imagine it's the year 2010 and there are an estimated 41.2 million women in the US over the age of 45. This generation of women is not about to experience aging on their mother's terms; they want an extraordinary experience.

Tips for Successful Aging & Vibrant Living is designed for the adult woman of all ages, who wants to improve and maximize her experience of aging.

Enjoy!

OlderWiserWomen™

Barbara C. Phillips, MN, NP
Founder

1018 E. Wishkah, #216
Aberdeen, WA 98520

Voice: 866/596-3282
Fax 360-532-8821

info@OlderWiserWomen.com
<http://www.OlderWiserWomen.com>

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WiserMind



... 1 ...

Adjust your aging attitude. Aging is an inside job. Look around you. It's much more than just the physical work that keeps a 94 year old woman young. That same "thing" is what makes a 38 year old woman appear and behave "old." Notice what your aging attitude is telling you.

... 2 ...

Use your brain. Like your body, your brain needs to be exercised. Read, do puzzles, and learn a new word a day. New learning produces new neural pathways in the brain. Think of it as expanding, lubricating, and protecting your mind. Remember the phrase "use it or lose it."

... 3 ...

Broaden your exposure to life. Visit places you have not been before, be it a new part of town or a new country. Focus on the sounds, smells, and tastes that are totally different and that stimulate your brain cells in new ways.

... 4 ...

Learn something that you've always wanted to learn. It could be painting, pottery, papermaking, flying, a language or an instrument. Learning something you have always wanted both stimulates your brain and brings you joy. The return on investment is priceless!