



# Ten Rules for Growing Older with Dignity: A Christian Perspective

*Richard H. Cox*

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Aging is a phenomenon that can only be avoided by death. There is no handbook for growing up or growing old. In spite of the fact that every appliance, vehicle, and mechanical thing comes with a limited warranty, an instruction handbook, and return policies - the human does not. The process of growing up usually proceeds by accident, without much preparation, and life experiences present herculean surprises when they arrive. Most persons who survive into later life simply get old, but they do not get older with dignity. Many do not prepare for aging, few truly believe they will ever be in that population and most simply struggle through it as a necessary purgatorial experience without much joy. If an author had the ability to command a conductor's baton on the end of a written word and synchronize knowledge from the fields of medicine, psychology, theology and his own personal experience into a fine instructional symphony for all people to learn how to live more effectively; Dr. Cox has accomplished it in this book. He is a physician, a psychologist, an ordained minister, a world renowned scholar, and perhaps most importantly he is now in his 80s and speaking from personal experience.

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