



The Joys of Successful Aging: Living Your Days to the Fullest

George Sweeting

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"You can age with joy and finish with grace." — Dr. George Sweeting

The last years of life can be joyful and fulfilling. But for some, aging is a challenge—joy and aging are seldom considered to be linked together.

Not so for Dr. George Sweeting! Despite the difficulties, Dr. Sweeting, former president of Moody Bible Institute, has discovered many unexpected joys in his senior years, and he shares them in this insightful and easy-to-read book for the Builder Generation.

Using the Old Testament elder statesmen Caleb—as fit at 85 as he was at 40—as a role model, Sweeting taps into what the Bible says about aging and joy, as well as the insights and inspiration of diverse experts and great men and women.

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