



Humor and perspective ease the personal challenges of aging.

THE GOLDEN MOLDY YEARS: Using Humor & Perspective to Ease the Personal Challenges of Aging

by JP Davis

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The Golden Moldy Years

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PERSONAL CHALLENGES OF AGING



JP DAVIS

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ISBN: 978-1-63491-963-0

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Published by BookLocker.com, Inc., St. Petersburg, Florida.

Printed on acid-free paper.

BookLocker.com, Inc.
2017

First Edition

For Perketunia

Who inspires me to reach for the stars and
find joy along the way

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TERMINOLOGY DEFINED & QUESTIONS ASKED

First, let's clarify how MOLDY came about and what it means in the context of this book.

When I realized that I was "grown up," I penned "Growing, Growing, Groan"-- the differences between growing up and being grown up. Its sequel, "On Being Moldy", was started about a decade later. "Moldy" was shorthand for the years between middle and old age. But, not enough time

had elapsed for many additional revelations.

Now, a few decades later, “moldy” covers those years that are supposed to be golden and beyond. While there may be gilded moments along the way, more often than not, there seem to be stumbling blocks that are capable of knocking us down, hurting us, depressing us, or simply ripping the joy out of living.

So, the questions become—are the Golden Years really a spin doctor’s way to

make us think we're headed for nirvana rather than in a falling-apart drama? After all, if moldy is defined as "...decaying with age," then aren't we all getting MOLDY? And, where is the GOLD amongst the MOLD? Oh dear, this is sounding a bit like Carrie Bradshaw in Sex and The City. Perhaps, the next chapter should be called Sex and The Pitied.



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