

*When God feels distant, where do you turn? What strategies can I use to follow the LORD's plan? Life happens so fast, and Younger Me, Older Me- Live Life Now provides specific ways to honor GOD in all aspects of your life.*

## **Younger Me, Older Me - Live Life Now**

By Dr JT Anderson, DC

**Order the book from the publisher Booklocker.com**

**<https://booklocker.com/books/14001.html?s=pdf>**

**or from your favorite neighborhood  
or online bookstore.**

A photograph of a man with short dark hair and a beard, wearing a grey and black striped sweater. He is looking into a large, ornate gold-framed mirror. His reflection shows him as an older man with white hair and wrinkles, also wearing the same striped sweater. Both the man and his reflection have their hands pressed against the mirror glass, with fingers spread. The background is a plain, light-colored wall.

# Younger Me

# Older Me

Live Life Now!

JT Anderson, DC

Copyright © 2025 Dr. JT Anderson, DC

Print ISBN: 978-1-958891-66-7

Ebook ISBN: 979-8-88531-645-3

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., Trenton, Georgia.

The characters and events in this book are fictitious. Any similarity to real persons, living or dead, is coincidental and not intended by the author.

BookLocker.com, Inc.  
2025

First Edition

# Contents

Chapter 1: Rules to Live By.....	1
Chapter 2: Before We Begin .....	5
Chapter 3: Make Your Bed .....	9
Chapter 4: Fifty!.....	25
Chapter 5: Embrace Aging .....	27
Chapter 6: Younger Me, Older Me .....	31
Chapter 7: Working with Purpose.....	35
Chapter 8: Balancing Ambition with Integrity.....	37
Chapter 9: Mission in the Marketplace.....	39
Chapter 10: Stewardship and Planning.....	43
Chapter 11: Budgeting and Saving.....	49
Chapter 12: Avoiding Debt .....	53
Chapter 13: Generosity and Tithing .....	59
Chapter 14: Relationship Building .....	63
Chapter 15: Rat- I Thought I Knew the Man.....	67
Chapter 16: Choosing Forgiveness .....	73
Chapter 17: Grandma's Glasses .....	77
Chapter 18: Cherish Your Marriage.....	81
Chapter 19: Writing Letters- A Lost Art .....	87
Chapter 20: Honoring Your Body as a Temple .....	89
Chapter 21: The Room .....	95
Chapter 22: The Sound of Music.....	101
Chapter 23: The Aging Body.....	105

Chapter 24: You Are What You Eat.....	109
Chapter 25: The Power of Movement.....	113
Chapter 26: A Long Muscle is a Strong Muscle .....	117
Chapter 27: Wants & Desires .....	121
Chapter 28: Finding Contentment .....	123
Chapter 29: Guarding Against Greed, Envy and Comparisons .....	125
Chapter 30: Race to the Red Light .....	127
Chapter 31: Tame Your Tongue .....	133
Chapter 32: PWANEG.....	137
Chapter 33: Overcoming Stress and Anxiety .....	141
Chapter 34: Rest & Renewal .....	145
Chapter 35: A Gift to Your Future Self.....	149
Chapter 36: Life Choices.....	153
Chapter 37: Accept Jesus Christ .....	157
Chapter 38: Finding Peace Through Jesus Christ .....	161
Chapter 39: Leaving a Mark for Generations.....	165
Chapter 40: A Legacy Letter.....	167
Chapter 41: Finish Strong .....	171
Chapter 42: Reflection Section.....	175

## **Chapter 2:**

### **Before We Begin**

"Every choice I make today is a gift—or a burden—to the person I will become tomorrow."

Every day, I make small choices that impact the version of myself I will meet in the future. Some of these choices seem insignificant - like untying my shoes in the evening so my older self doesn't have to struggle with tight laces the next morning. Others are habits that create a smoother, more intentional life - like making my bed in the morning so that when I return home, I'm welcomed by a space of order and peace. When I take a moment to set out my clothes the night before, I'm setting my future self up for success, removing one less obstacle from the start of my day. These are simple acts, but they reflect a deeper truth: the younger me is responsible for taking care of the older me.

This principle extends far beyond daily routines. The financial decisions I make today will shape my stability tomorrow. The way I treat my body now determines my strength and health in years to come. The relationships I nurture, the faith I build, and the wisdom I seek are all

investments my older self will either reap the benefits of or struggle from the lack thereof. Life is not just about living in the moment; it's about preparing for the future while being mindful of the present.

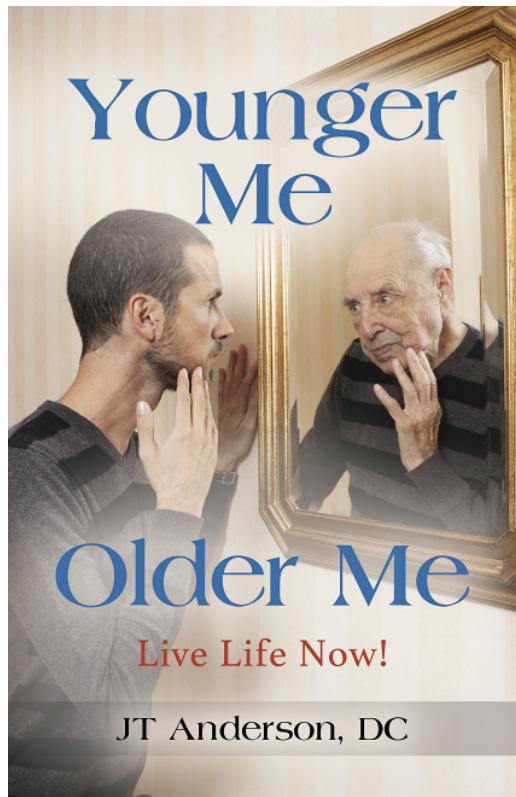
The Bible speaks to this idea of wisdom and preparation. **Proverbs 6:6-8** tells us, *“Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest.”* Just as the ant works in the present to prepare for the future, we too are called to be good stewards of our time, health, finances, and relationships. The choices we make today are not just for our present self, they are an investment in the person we are becoming.

This book is about embracing that mindset. It's about learning how to care for the future you in every aspect of life—physically, financially, spiritually, and emotionally. It's about making choices today that your older self will thank you for. Because one day, the future will arrive, and when it does, I want to be able to look back and say, “Thank you, younger me. You took care of me well.”



"GOD SHOWS HIS LOVE  
FOR US IN THAT WHILE  
WE WERE STILL SINNERS,  
*Christ died for us*

ROMANS 5:8



*When God feels distant, where do you turn? What strategies can I use to follow the LORD's plan? Life happens so fast, and Younger Me, Older Me- Live Life Now provides specific ways to honor GOD in all aspects of your life.*

## **Younger Me, Older Me - Live Life Now**

By Dr JT Anderson, DC

**Order the book from the publisher Booklocker.com**

**<https://booklocker.com/books/14001.html?s=pdf>**

**or from your favorite neighborhood  
or online bookstore.**