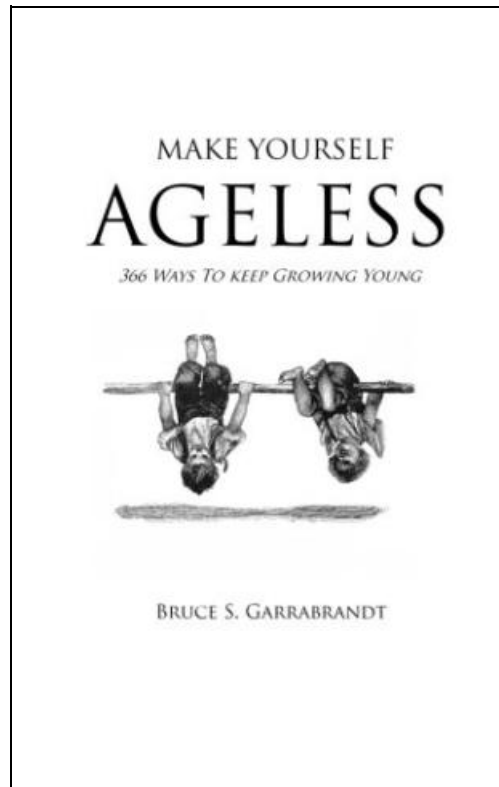


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MAKE YOURSELF AGELESS: 366 WAYS TO KEEP GROWING YOUNG (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. As the moments pass, says author/artist Bruce Garrabrandt, we should choose to be in them playfully. His latest book, Make Yourself Ageless, offers readers 366 ways to keep growing young. It targets people in mid-life and beyond who want to break from habitual routine to enjoy more creative, purposeful living. I don't have a creative bone in my body is a lament the author has heard from countless people through the years. Garrabrandt dismisses such talk as nonsense. Think back to when you were five years old he says. You were rich with creativity then, and that same creative spirit dwells in you now. His new book invites readers to explore and nurture their untapped capabilities, learn how to transform passions into talents, and realize that each of us is designed to make unique contributions to life. We all begin our journey here young, says Garrabrandt, and I believe the gift of imagination is God's wish for us to stay that way. I want people to know it's never too late to reawaken our childhood imagination and fill our days with a sense of wonder and delight. The author has been a professional artist for three decades, but began with no innate artistic talent. He argues that talent is not a prerequisite for success in any endeavor. The key, he says, is to identify those things we're passionate about, and then be willing to do them badly until we learn to do them well. Garrabrandt quips, If someone as flawed and absent-minded as I am can transform passions into talents-anyone can. He wrote Make Yourself Ageless to inspire readers to savor each moment in gratitude,...



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