

A Lighthearted Look at Getting Older

Young For A Very Long Time

Viewpoints on getting older



Barbara Fox

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A light-hearted approach to getting older

Last year Barbara Fox began noticing things. She had trouble getting out of the ocean, she hesitated and was scared to step off the curb in parking lots, she avoided climbing stairs, she couldn't get out of her sports car easily, she failed when she tried to skip and she felt a little unbalanced when she walked on the grass in the park. She told a few friends about these happenings and they laughed.

"That's what happens when you get old!" they said. "Wait! What? Old? Me?" She was shocked. "No way! Old is other people, neighbors, doctors, salespeople, congressmen, editors, the shoe-repair guy but not me. Although..."

Age is mind over matter, if you don't mind, it doesn't matter.

She didn't mind much, especially when she considered the alternative. She decided to think positive thoughts, to think about the good things, the funny things, the advantages of getting older. Then, since she is a writer, her next step was to write a book about it. She asked friends, co-workers, members of online and in person groups to write and send her articles, poems, plays, quotes, anything about getting older. She interviewed several people who are "still in the game," still working at their jobs or starting new careers with no plans to retire; (six of their bios are included) and, she collected sayings and quotes about getting older.

"Nine pm is the new midnight."

"Anytime you feel too old to do something, go and do it immediately."

"Friends with benefits means friends who can drive at night."

She put everything together and Young For a Very Long time is the result.

The book has a section of questions and answers from discussion groups covering a variety of topics:

RETIREMENT HOMES. How do you feel about them?

"Definitely yes, it's like a permanent vacation.

"Definitely not; I like a mixed neighborhood, different ages, children, singles, married couples, different religions, races.

ONLINE DATING. Has anyone tried it?

Yes, several times but when you do, don't expect to meet the man or woman of your dreams the first or second time. It's not a lifetime commitment; it's just coffee or dinner.

EXERCISE. Do you exercise? What do you do?

My physical therapist says “Motion is Lotion” so I try to do something every day, even if it’s just taking a walk.

My husband and I bought three wheeler bikes. At first, I was embarrassed but we see more and more of them when we are riding.

RUDE QUESTIONS FROM STRANGERS. How do you answer?

“How old are you?”

“106, don’t I look good for my age?”

She collected many advantages to being older. Here is a sample.

You can eat ice cream for dinner if that’s what you want.

You can say anything you want to say and it will be excused.

You can get all sorts of senior discounts and bargains.

You can say “No” without an excuse if you don’t want to do something.

Barbara hopes “Young” will help readers come to terms and laugh at problems like climbing stairs (sideways, one step at a time is best) and getting out of the ocean (don’t be too proud to ask for help) and a reluctance to travel. She says it’s nice to know that other people look for ramps instead of curbs in parking lots, go to sleep at nine p.m. (9 is the new midnight), and have given up high heels in favor of sneakers.

The book has a lot of suggestions, ideas, and advice like this quote from Maggie Kuhn. “Old age is an excellent time to do outrageous things. My goal is to do one outrageous thing every week.”

So, Barbara ended the book with her outrageous thing for the week, the following joke.

He “Let’s run upstairs and make love.”

She “Honey, I can’t do both.”

Young for a Very Long Time is available as both a paperback and ebook from Amazon, Barnes and Noble, and other online bookstores or from www.Booksbybarbara.com

[Find Young for a Very Long Time on Amazon](#)

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Author Barbara Fox, producer/director of Mystery On The Menu, an interactive theater company she founded in 1986, author of several mystery novels including the Murder in the Inn series, Murder is

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