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Outlive Your Enemies: Grow Old Gracefully

Terry Sanford

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As medical advances and healthier living begin to allow more and more people to grow older while they remain alive, a need exists for a readable guide for these senior citizens. Outlive Your Enemies fills the need with a gusto rarely seen on the book stands. The author, a former U.S. Senator, president of Duke University and Governor of North Carolina, Terry Sanford, knows of whence he writes. This book describes the aging process itself, its causes and actions that will slow the aging process. It concludes with four fairly simple rules to prolong healthy life. It considers the chronic illnesses and infirmities of old age, actions to evade or minimize these foes. It covers diet and vitamins, exercise.

About the Author"I got interested in aging as aging got interested in me." These words are by Terry Sanford, former senator and governor of North Carolina, and long-time president of Duke University. Mr. Sanford was a member of the US Senate Committee on Aging and has lent his support to aging research at Duke University. In Outlive Your Enemies, Mr. Sanford presents a tour de force on how to beat back the clock on aging. His vehicle is six old cronies musing about aging and their lives. The book tackles head-on one of today's most vexing and timely issues in a

homespun, real-life, and extremely informative style. A zest for life pulsates throughout the pages of this book.