

CHRONOLOGICALLY GIFTED

Practical Advice for Aging with Gusto

By Dr. Erica Miller

Ask a handful of people to describe what comes to mind when they hear the word “old,” and you might be surprised at the answers you receive. “Old” is a word that carries a surprising mixture of connotations, many of which are negative. Dr. Miller recognizes that aging is not an option, but she’s learned that it’s entirely possible to face the aging process with a healthy mixture of acceptance and enthusiasm. Many of those who adopt this attitude live happier and longer lives. Dr. Miller likes to call these people, herself included, the chronologically gifted. She is convinced that we have far more power over how we age than society conditions us to believe, and that’s what this book is all about. Dr. Miller, 84 years young, is a Holocaust survivor, a former Israeli Air Force soldier who came to America and started a chain of successful Psychological Institutes in California. A role model for her grandchildren and all who know her, Miller goes to the gym everyday and is a popular motivational speaker and world traveler. *Chronologically Gifted; Practical Advice for Aging with Gusto* is Miller’s third book, a must read for all who are interested in living a longer, healthier and happier life. This is a book for any and all ages. It’s a practical guide for living an energetic life that will keep you healthy, well past 100. Miller’s books are available at Amazon.com

COPYRIGHT © 2017 Erica Miller, Ph.D. Dr. Erica

