



## The Joy of Graceful Aging: Mastering the Skill of Growing Old and Overcoming the Pains (Paperback)

By Obinna Akpata

Lulu Publishing Services, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Aging is an inevitable reality. It is often a gradual process in the last leg of our earthly life, and it is a transitory passage to the great beyond: eternal glory. It's one thing to grow old, but it's another to age gracefully in joy. In *The Joy of Graceful Aging*, author Obinna Akpata encourages older people to live beyond the challenges of old age, and the youths are encouraged to respect their elders for a reward of divine grace. Rooted in biblical theology, Obinna discusses the emotional, social, and physical aspects of well-being for the elderly population. He examines the challenges that confront those who wish to live a normal life at old age. *The Joy of Graceful Aging* acknowledges that aging has its hopes, its loves, its thrills, and resonating moments, and that those who live the purpose-driven life have nothing to fear. They can walk in divine health with positive faith, righteousness, trust, and obedience.

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