



Make New Friends..Live Longer .. a Guide for Seniors

Sunie Levin

Download now

Read Online →

[Click here](#) if your download doesn't start automatically

Make New Friends..Live Longer .. a Guide for Seniors

Sunie Levin

Make New Friends..Live Longer .. a Guide for Seniors Sunie Levin

How important are friends? In terms of longer life, not having them is:

- Equivalent to smoking 15 cigarettes a day
- Equivalent to being an alcoholic
- More harmful than not exercising
- Twice as harmful as obesity

Who says so? Studies by the Mayo Clinic, Harvard University, Illinois University, Brigham Young University and many others say so.

If you want to live longer and better, friends are essential. For everyone. But particularly for seniors. Seniors have a particularly tough time making new friends. Old friends die. Seniors move to be near children, or to find better climate. But for seniors, it is exceptionally hard to break into new social circles; the ones they try to enter are set in concrete and rarely welcoming. Knowing this is one thing. Knowing what to do about it is another thing entirely.

Sunie Levin, a lifelong educator and author, after losing many old friends and moving to a new community, found herself facing this exact problem. How do you make new friends from scratch, especially when everyone else is comfortable in their own tight circles?

Her new breezy, warm-hearted book tackles this exact problem, with specific ideas for seniors, boomers--and everyone else, for that matter--regarding how to develop meaningful new friendships, whether you are active or home bound. These ideas work. She should know--after moving into a new community where she literally didn't know a soul, within a few months her social calendar was so full her husband was begging for a little down time.

Make New Friends...Live Longer, with its slightly enlarged type and no-nonsense, effective advice is a great gift for grandma or grandpa, or anyone else for that matter, who feels isolated yet has no clue as to how to reach out for friends. Her softcover book is currently available at bookstores across the country.

 [Download Make New Friends..Live Longer .. a Guide for Seniors ...pdf](#)

 [Read Online Make New Friends..Live Longer .. a Guide for Seniors ...pdf](#)

Download and Read Free Online Make New Friends..Live Longer .. a Guide for Seniors Sunie Levin

Download and Read Free Online Make New Friends..Live Longer .. a Guide for Seniors Sunie Levin

From reader reviews:

Alex Lynch:

Have you spare time for a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a move, shopping, or went to often the Mall. How about open or read a book eligible Make New Friends..Live Longer .. a Guide for Seniors? Maybe it is for being best activity for you. You understand beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have some other opinion?

Viola Coghlan:

The book Make New Friends..Live Longer .. a Guide for Seniors gives you the sense of being enjoy for your spare time. You should use to make your capable far more increase. Book can being your best friend when you getting tension or having big problem along with your subject. If you can make studying a book Make New Friends..Live Longer .. a Guide for Seniors for being your habit, you can get considerably more advantages, like add your capable, increase your knowledge about many or all subjects. You can know everything if you like open and read a guide Make New Friends..Live Longer .. a Guide for Seniors. Kinds of book are a lot of. It means that, science publication or encyclopedia or other people. So , how do you think about this publication?

Mary Barker:

Book is to be different for each and every grade. Book for children until finally adult are different content. We all know that that book is very important normally. The book Make New Friends..Live Longer .. a Guide for Seniors seemed to be making you to know about other information and of course you can take more information. It is very advantages for you. The e-book Make New Friends..Live Longer .. a Guide for Seniors is not only giving you far more new information but also for being your friend when you really feel bored. You can spend your personal spend time to read your reserve. Try to make relationship with all the book Make New Friends..Live Longer .. a Guide for Seniors. You never sense lose out for everything in case you read some books.

Katherine Contreras:

Your reading sixth sense will not betray anyone, why because this Make New Friends..Live Longer .. a Guide for Seniors reserve written by well-known writer who really knows well how to make book that could be understand by anyone who read the book. Written in good manner for you, leaking every ideas and publishing skill only for eliminate your own hunger then you still skepticism Make New Friends..Live Longer .. a Guide for Seniors as good book not only by the cover but also by the content. This is one e-book that can break don't determine book by its cover, so do you still needing an additional sixth sense to pick this particular!? Oh come on your reading sixth sense already alerted you so why you have to listening to another sixth sense.

**Download and Read Online Make New Friends..Live Longer .. a
Guide for Seniors Sunie Levin #OL1UBJ9KZTE**

Read Make New Friends..Live Longer .. a Guide for Seniors by Sunie Levin for online ebook

Make New Friends..Live Longer .. a Guide for Seniors by Sunie Levin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Make New Friends..Live Longer .. a Guide for Seniors by Sunie Levin books to read online.

Online Make New Friends..Live Longer .. a Guide for Seniors by Sunie Levin ebook PDF download

Make New Friends..Live Longer .. a Guide for Seniors by Sunie Levin Doc

Make New Friends..Live Longer .. a Guide for Seniors by Sunie Levin Mobipocket

Make New Friends..Live Longer .. a Guide for Seniors by Sunie Levin EPub

Make New Friends..Live Longer .. a Guide for Seniors by Sunie Levin Ebook online

Make New Friends..Live Longer .. a Guide for Seniors by Sunie Levin Ebook PDF