



Live As Long As You Can, But Don't Grow Old: A Man's Quest On How To Stay Young All Of Your Life

V. Henry Chadwick

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This is an easy to read, entertaining autobiographical book written by V. Henry Chadwick, a practicing attorney, entailing his endeavors to discover the "fountain of youth". It includes thoughts, quotes, and stories on aging by some of the greatest people who ever lived - from Marcus Aurelius to Bob Hope. It is educational and can fall into the category of personal development, having tremendous appeal for those in their sixties and older, particularly in today's world. Yet this book can be a benefit to anyone, man or woman - regardless of age - and covers many subjects including longevity, aging, medicine, health, happiness, attitude, disabilities, and retirement. Researched over a number of years and written by Mr. Chadwick in his early seventies, this book is especially inspiring for those who want to find happiness, satisfaction, and purpose in their latter years.

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