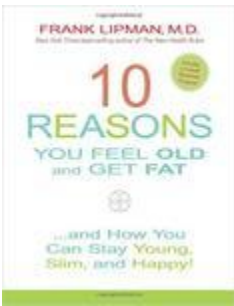


# Put Old on Hold Journal

*Advocating Balanced Lifelong Growth and Productivity*

*News and views from around the water cooler, from diligent research, from  
fantastic contributors and . . . more*

## Last Minute Hot Flashes!



I Am currently reading *10 Reasons Why You Feel Old and Get Fat* by Frank Lipman, M.D. This book is the most interesting, informative, easy to read book about how to restore and maintain health that I have read in a LONG time. (I'll talk more about it in the next issue.) Whatever your health issues, be they minor or major, if you are willing to take the time to read and learn, this book will help you fight middle age as well as "old age" health demons -- that inflict all of us. I URGE you to get a copy. I have it on my Kindle and I also have a hardcopy so I can copy the recipes for the 10-day diet Dr. Lipman insists will help dramatically improve your health. I am so excited about this book because I, a self-appointed know-it-all, thought I knew everything about everything only to discover how little I actually know. Please, do yourself a favor and get a copy and take time to READ it and apply what you learn. You will be well rewarded if you follow at least some of Dr. Lipman's advice. Get it [here](#)

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This that came in too late to include in the Good Stuff to Know section: It's not a secret that many older folks smoke pot. In addition to other possible problems associated with it, cannabis may be contaminated not just with pesticides, but with e-coli bacteria. [See the info here](#)

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**Welcome to the April 2016 Put Old on Hold Journal. [Here is the link to open](#), but first, a preview:**

## Can We Please Respect Each Other's Point of View?



This political season portends to be an unusually nasty one, a reflection of the decline of civility in our culture. It's not just the name calling, it's a refusal to tolerate different points of view. Please take a look at my article [here](#) and let me know what you think.

I also have an article, "Aging In a Mental Straightjacket" which begs you: please don't allow your young attitude to be hijacked by outdated traditions or cultural norms. It's important because what you allow to go on in your head relating to aging has a significant impact on how quickly you do or do not decline. [Read the article here](#).

## Alan Spector: The Patron Saints Of Aging



Alan Spector, co-author of [Your Retirement Quest: 10 Secrets for Creating and Living a Fulfilling Retirement](#), conducts workshops around the country, helping baby boomers plan for the nonfinancial aspects of retirement. This month he has written an inspiring article about the forward-looking mindset of two iconic figures: Maya Angelou and baseball legend Satchel Paige. You will love it.

[Read more](#)

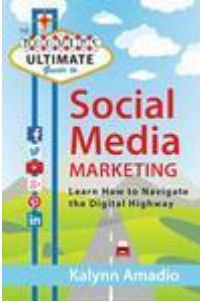
## Joyce Shafer: Self Forgiveness And Success



Joyce Shafer is one of the most brilliant women I know. Her wisdom and expertise are not to be overlooked or taken lightly. This month she deals with an issue many have. She writes, "Carrying self-condemnation and condemnation of others is truly a burden. We add to the weight of this by holding on to such thoughts, which multiplies their effect on us and our lives. . . It resists the feeling of freedom we want and pursue."

[Read more](#)

## For Ambitious Boomers



Entrepreneurial boomers and productive retirees will benefit from the information in this book. If you are you a baby boomer business professional struggling to make sense of the new digital era this book is a travel guide designed to teach you how to build a successful social media marketing strategy. It's helpful for anyone of any age who needs help with social media.

[Read more](#)

## Good Stuff To Know



I spend a lot of time looking for worthwhile information particularly relating to health and aging. I don't include everything I find just to fill space, I only include information that I believe may interest readers. This month there is a [link](#) of interest to those with chronic pain issues. Because of the government crackdown on opioid meds for pain, many patients are prescribed (often useless) NSAIDs instead. But the NSAIDS also come with side effects, including the risk of ulcers and increased blood pressure.

[Read More](#)

## The Expert's Guide - New and Improved



My most recent (ahem) masterpiece, *The Expert's Guide To Strut Your Stuff!* has been revised and enlarged and is now on Amazon. Please get a copy and if you love it (or even just like it) please give it a resounding review on Amazon. I'd really appreciate it. Here is the [Amazon link](#). (The review currently on Amazon applies to the "old" version.)

## Put Old on Hold e-Magazine



The Put Old on Hold Journal is available in easy-to-read-pdf format.

[Open here](#)

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There is much more inside. [Here is the link to open](#)

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