



## The Joy of Growing Up: Growing Up for Grownups Who Haven't Grown Up Yet (Paperback)

By Wendy Freebourne

New Generation Publishing, United Kingdom, 2005. Paperback. Book Condition: New. 210 x 138 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Growing up is an ongoing, challenging, exciting and satisfying journey. In this book, Wendy Freebourne takes you through that journey, step by step, giving you the tools you need to navigate it successfully. She shows you how responsibility, chosen carefully and taken on willingly, brings freedom and fulfilment; and how, although your physical abilities change as you get older, this does not mean that illness and infirmity are necessary results of aging. This book is written in an insightful, practical but gentle and compassionate, spiritual style. It gives a holistic overview, while also paying attention to practicality and detail. You will find realistic advice for moving into a maturity that is not painful or burdensome, but joyful, if also less predictable than you were brought up to believe it would be. It gives models for growing up in the twenty-first century. .elucidations of how and why we function within a sometimes highly dysfunctional world and how we can do that more effectively have led me to revelations, research and new training opportunities. Fraser Trevor MSc, Addiction...

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