

AGING QUOTES

“A man is not old until regrets take the place of dreams.”

~John Barrymore (Actor)

“You are only young once, but you can stay immature indefinitely.” ~Ogden Nash (Amer. Poet)

“Today is the oldest you’ve ever been, and the youngest you’ll ever be again.” ~ Eleanor Roosevelt (First Lady with U.S. President Franklin Delano Roosevelt)

Laughter is timeless. Imagination has no age. And dreams are forever.” ~ Walt Disney (American Animator, Film Producer, Entrepreneur)

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.”

~ Henry Ford, American Industrialist, Business Magnate, Founder of Ford Motor Company

“An awareness of one's mortality can lead you to wake up and live an authentic, meaningful life.”

~ Bernie Siegel, MD, Author, *Love Medicine and Miracles*

“You haven’t overcome the fear of death until you delight in your own life, believing it to be the carrying out of universal purpose.”

~ Norman Lear, American Screen Writer and Producer

Researchers from Yale and Miami University determined that people who saw growing older as something positive lived at least seven and a half years longer than those who didn't.

Longevity Increased by Positive Self-Perceptions of Aging

<https://www.apa.org/pubs/journals/releases/psp-832261.pdf>

“I am convinced that unconditional love is the most powerful Known stimulant of the immune system. If I told patients to raise their blood levels of immune globulins or killer T cells, no one would know how. But if I can teach them to love themselves and others fully, the same changes happen automatically. The truth is LOVE HEALS.” ~ Bernie Siegel, MD, Retired Pediatric Surgeon, Author, *Love Medicine and Miracles*

“The best thing I can do for my friends and family, is to become healthier and better myself. The best thing my friends and family can do for me is to become healthier and better themselves.” ~Jim Rohn, American Entrepreneur, Author, Motivational Speaker