

Changing with Aging LEARN MORE
Stories of growing older and the wisdom gained along the way.

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3 Lessons To Help You Appreciate Everyday Life

Learn from these stories of giving love, taking risks, and seeking knowledge
by Health Communications Inc. (HCI) (Paid Content)

PHOTO CREDIT: JOHN TREINEN
Author Don Kuhl

From watching your children go off to college to deciding where your golden years will take you, we all have challenges as we age. The key to living life on your terms is to remain positive throughout these stages, as author Don Kuhl shares in his new book, *Changing with Aging: Little Stories, Big Lessons*.

With this collection of short stories, Kuhl (77) provides evidenced-based approaches to staying happier and healthier as you age, sharing 10 big lessons he has learned through a lifetime of love, courage, and misadventures. Touching upon themes of gratitude, taking risks, appreciating the ordinary, and remaining open to all possibilities, Kuhl gives readers a glimpse of living life to its fullest at every age.

Kuhl, a Nevada resident and founder of The Change Companies, has brought inspiration and transformation to millions by creating Interactive Journals that help people reflect on where they've been, where they are, and where they wish to go.

Kuhl's favorite life lessons are represented by 150 short stories that show the humor, discovery, and wisdom we all experience during the aging process. Here are three especially poignant lessons to help you view aging with a different, more optimistic perspective.

Accept what is.

Kuhl's father, Vern, was known for being a handsome young man. But as his father ages, all his son can see is gray hair, compression socks, and a noticeable limp. Kuhl reflects back on a picture of his dad and realizes he now looks a lot like his dad did at that time, complete with compression socks. This leads Kuhl to understand good looks may be fleeting, but there's power in accepting and embracing your current life stage.

Vern Kuhl

Give love.

As a child, Kuhl and his friend Jerry built a daily ritual of walking each other home, then turning right around and walking to the other friend's house – sometimes for hours as they enjoyed each other's company. Now, Kuhl realizes the power of having a steady companion beside you through life's many walks and that giving love through meaningful friendships is key to a long, fulfilling life.

Be courageous.

At the end of the book, Kuhl recalls his friend and mentor Frank, whose last words to Kuhl were, "Don, quit fussing over me and get about your duties." Regardless of age, Kuhl realizes the purpose inherent in each human life – and that no matter how late in life you are, you have a responsibility to "get about your duties" with courage and grace.

Frank Tate, PhD

With digestible short stories full of wisdom, *Changing with Aging* packs a powerful punch for adult readers. Through skillful storytelling, Kuhl shares relatable experiences that help readers embrace aging and look forward to life's meaningful moments yet to come.

[Click here to buy your own copy of *Changing with Aging: Little Stories, Big Lessons* by Don Kuhl.](#)

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