



# The Time of Your Life: The Best of Genie Wheeler's Columns on Aging Issues

*Eugenie G. Wheeler*

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**The Time of Your Life: The Best of Genie Wheeler's Columns on Aging Issues** Eugenie G. Wheeler  
Based on Eugenie Wheeler's experiences, philosophy, reading, listening, and sense of humor, this best-of collection of columns deals with both the ups and downs of aging and includes topics on health, recreation, grandparenting, and relationships. Tired of stereotypes and myths on aging, Wheeler has devoted her career to helping the elderly avoid the pitfalls of depression and isolation and rather find a satisfying life style in the later stages of life.

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