



Don't Fight Growing Older, Hug It!

Sue Wright Owens

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At some point in my recent years, I began to think about getting older, what it's like and how to handle it. If I encountered health problems, regardless of the severity, I really needed to try to laugh, smile, and see the lighter side. This sure isn't easy to do, especially with pain. I decided to write aging poetry and attempt to poke humor wherever possible. Hopefully, my aging poetry will help others.

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