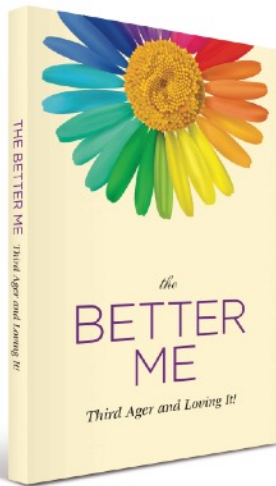


RELEASE 2017



THE BETTER ME

Third Ager and Loving It!

Everyone ages. The key difference is how you age, and the fulfilment you get from it. As you enter your third age, do you believe you can age positively and productively, and enter a brand new life stage of self-discovery, making authentic choices, and taking action that contribute towards a “better me”? In this useful and vibrant book *The Better Me*, you will discover what it means to be an active third ager, the seven dimensions of ageing well, practical and effective ways to age purposefully, reflective questions to help review your life, how positive agers live their best years, and many more. Through *The Better Me*, you will be inspired to age well, and empowered with positive ageing skills to seize the years ahead – making the rest of your life the best of your life! The Better Me is published in celebration of the Council for Third Age’s 10th Anniversary.

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ISBN: 978-981-11-2315-3 [softcover] | Specs: 228 pages | 240mm x 160mm

ISBN: 978-981-11-2316-0 [ebook]

Enquiry: publisher@writeeditions.com

Published by Council for Third Age | c3a.org.sg

Produced by Write Editions® 2017 | writeeditions.com

ABOUT COUNCIL FOR THIRD AGE

The Council for Third Age, C3A, set up in May 2007, is an agency which promotes active ageing in Singapore through public education, outreach and partnerships. As an umbrella body in the active ageing landscape, with its focus on lifelong learning, senior volunteerism, and positive ageing, C3A works with and through partners to help third agers age well. Through various initiatives and platforms, third agers can self-discover and enhance their different dimensions of wellness in their journey of positive ageing. C3A aims to create a vibrant pro-age Singapore where seniors can participate as integral members of society.

“I earnestly hope that every Singaporean and resident here aspires to discover more about himself or herself, and become a ‘better me’. See your life as a story that unfolds to a new tune every day. You’ll realise that your best years are yet to come!”

MADAM CHUA FOO YONG

CHAIRMAN, COUNCIL FOR THIRD AGE
IN HER MESSAGE