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SELF-HELP

The Boomer Survivor Kit: An Indispensable Guide For Yourself * Your Relationships * Your Life
William Courter
Boomer Health Institute
978-0-9888542-0-8
Four Stars (out of Five)

Courter has a recipe for a better life for Baby Boomers.

Because of its title, *The Boomer Survivor Kit* might appear to be like so many other books available today that address the financial needs of the Baby Boomer generation. But William Courter's insightful volume has a much broader reach. Courter, a physician who founded the Boomer Health Institute, lays out a nine-step plan to help the boomer not merely survive, but "create a better life and a better future." With engaging writing and a significant amount of knowledge, Courter tackles myriad challenges of the boomer years, touching on physical health, mental focus, spirituality, legacy, and more.

Each of Courter's nine steps comprises a section of the book that includes several short, easy-to-read chapters. In the "Spirituality" section, for example, the author talks about the difference between spirituality and religion, the "mind-body-spirit continuum," friendships and relationships (including marriage), "solo" aging, how to achieve serenity, writing a memoir, and adopting a new perspective on death. The content of this section, like the rest of the volume, is thought provoking and educational, yet not overly dense or pedantic.

Organizationally, the book covers just about every area of adjusting to life in later years that should interest the boomer—except the financial area. This is not necessarily a deficiency, but readers who might be expecting a section about financial planning or retirement savings will not find it here. Instead, the author addresses larger life issues, such as the challenge of retirement and personal growth.

The content is generally very helpful. Courter's style is uplifting, with writing that is clear and passionate. Some readers may not agree with every one of the author's beliefs; Courter generally rejects the idea of seeing a physician regularly, even though he is one. His preference is for following healthy living and healthy eating guidelines, such as what he calls "plant-based"

nutrition, which is essentially veganism. (Courter writes, “I am arguing that, as you age, you must reduce your consumption of meat and dairy products to lower your risk.”)

The book is bulkier than it needs to be—the lines of text are double- instead of single-spaced, which adds to the page count. The use of subheads and bold text for emphasis would have been helpful. The cover image of two boomers walking down a road toward the sunset is certainly appropriate, but perhaps a bit overdone.

Courter relates many of his own experiences and shares his introspection, adding a level of personalization to the text that many will likely find comforting. By examining the physical, mental, and emotional needs of the boomer as he or she ages, *The Boomer Survivor Kit* rises above more narrowly focused works. Courter delivers a deftly written volume that most boomer readers should find of value.

Barry Silverstein