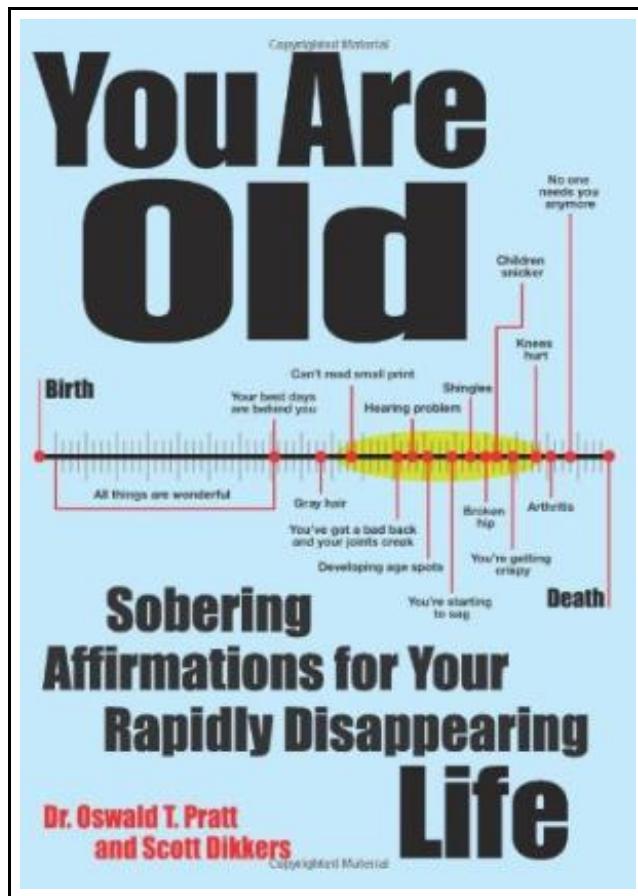


## You Are Old: Sobering Affirmations for Your Rapidly Disappearing Life



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\* Dating after 40: good luck with that. \* Ear hair: how did you get so much of it? \* You're past your prime. Your best days are behind you. You're over the hill. Your body doesn't bounce back like it used to. It's starting to hurt a lot. Your back hurts, your neck hurts. Your knees hurt. You're arthritic. You have rheumatoid arthritis, chronic pain syndrome, Bursitis, shingles, hives, cataracts and ringworm. You're starting to sag, wrinkle, dry out and develop spots. \* It's your choice: learn to navigate our serpentine, Rube Goldbergian healthcare system, or just give up and die. \* Today is the first day of the end of your life.

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