**Quotes on Ageing**

A man’s age is something impressive; it sums up his life: maturity reached slowly and against many obstacles, illnesses cured, griefs and despairs overcome, and unconscious risks taken; maturity formed through so many desires, hopes, regrets, forgotten things, loves. A man’s age represents a fine cargo of experiences and memories.—Antoine de Saint-Exupéry

Age is an issue of mind over matter. If you don’t mind, it doesn’t matter. —Mark Twain

Age is just a number. Life and aging are the greatest gifts that we could possibly ever have. —Cicely Tyson

Aging gracefully means being flexible, being open, allowing change, enjoying change and loving yourself. —Wendy Whelan

Aging is an extraordinary process where you become the person you always should have been.—David Bowie

Aging is not “lost youth” but a new stage of opportunity and strength. —Betty Friedan

Do not regret growing older. It is a privilege denied to many. —Author Unknown

Don’t try to be young. Just open your mind. Stay interested in stuff. There are so many things I won’t live long enough to find out about, but I’m still curious about them. You know people who are already saying, “I’m going to be 30—oh, what am I going to do?” Well, use that decade! Use them all! —Betty White

Growing old is no more than a bad habit, which a busy person has no time to form. —André Maurois

Growing old isn’t so bad when you consider the alternative. —W.C. Fields

Hardening of the heart ages people more quickly than hardening of the arteries. —Franklin Field

If wrinkles must be written upon your brow, let them not be written upon your heart. The spirit should not grow old. —James Garfield

Inside every older person is a younger person wondering what happened. —Jennifer Yane

It’s important to have a twinkle in your wrinkle. —Anonymous

My face carries all my memories. Why would I erase them? —Diane Von Furstenberg

Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. —Samuel Ullman

The heart that loves is always young. —Johann Wolfgang von Goethe

The key to successful aging is to pay as little attention to it as possible. —Judith Regan

The longer I live, the more beautiful life becomes. —Frank Lloyd Wright

The sun shines different ways in summer and winter. We shine different ways in the seasons of our lives. —Terri Guillemets

The years teach much which the days never knew. —Ralph Waldo Emerson

There is always a lot to be thankful for, if you take the time to look. For example, I’m sitting here thinking how nice it is that wrinkles don’t hurt. —Author Unknown

We don’t stop playing because we grow old. We grow old because we stop playing. —George Bernard Shaw

What matters is not to add years to your life but to add life to your years. —Alexis Carrel

Worry, doubt, self-distrust, fear, and despair—these are the long, long years that bow the head and turn the growing spirit back to dust. You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair. —Samuel Ullman

Wrinkles should merely indicate where smiles have been. —Mark Twain

You can’t turn back the clock, but you can wind it up again. —Bonnie Prudden