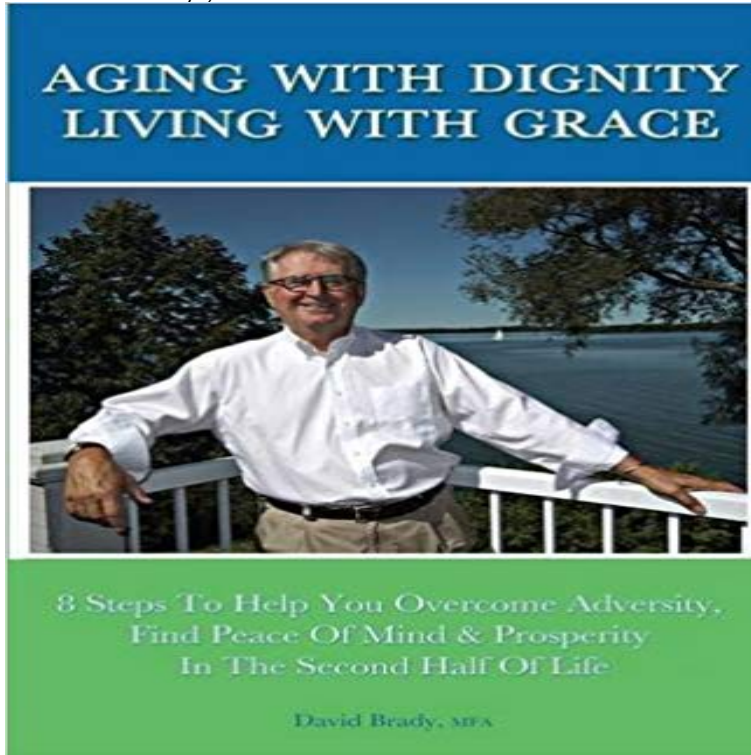


Aging with Dignity, Living with Grace: 8 Steps to Help You Overcome Adversity, Find Peace of Mind & Prosperity in the Second Half of Life



On January 4th 2010, I had stopped by a woman's home to speak to her 21-year-old son, at her request. It turns out he was suffering from severe mental illness. Without warning, he punched me so hard I flew through the air, landed on my back and then found him on top of me with my arms pinned under his legs while he drove about six or seven rage-filled punches into my head sending my skull smashing into the solid hard-wood kitchen floor.

The result of that incident: I have brain damage that has dramatically impacted every aspect of my life; impaired my ability to do the work I've done all of my career as a writer/producer/director on 130 prime time television episodes and 4 feature films and left me wondering, how do I overcome these challenges? As a result, I got to thinking, how many other people, especially those who are either middle-aged, or those of us who are baby boomers, get blindsided by some event that they didn't see coming? In this book, I tell you how I was able to overcome this adversity, find peace of mind and prosperity as a mature person.

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