

# This Will Only Hurt a Little: Prepare for the Medical Realities of Aging with Perspective, Humor, and Grace



As we age, our bodies change. It's a fact of life that we all have to face. But what if we could approach the medical realities of aging with perspective, humor, and grace?



## **This Will Only Hurt a Little** by Busy Philipps

★★★★☆ 4.6 out of 5

Language : English  
File size : 6916 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 279 pages



That's exactly what Holly Robinson Peete and Jennifer Teege do in their new book, *This Will Only Hurt a Little*. With wit and compassion, they provide an insider's tour of the inconvenient truths about aging, arming readers with the knowledge and support to face the inevitable in a healthy and mindful way.

Peete and Teege cover a wide range of topics in their book, from the physical changes that come with aging to the emotional and psychological challenges. They discuss everything from wrinkles and gray hair to incontinence and dementia. And they do it all with a refreshing sense of humor and honesty.

One of the things that makes *This Will Only Hurt a Little* so special is that it's written by two women who have experienced the challenges of aging firsthand. Peete is a well-known actress, author, and advocate for people with Parkinson's disease. Teege is a cancer survivor and the author of the bestselling memoir *My Grandfather Would Have Shot Me*.

Because of their personal experiences, Peete and Teege are able to offer a unique perspective on the medical realities of aging. They understand the challenges that readers are facing, and they provide practical advice and support that can help them cope.

*This Will Only Hurt a Little* is a must-read for anyone who is interested in aging well. It's a wise, funny, and compassionate guide that will help readers navigate the medical realities of aging with grace and dignity.

## Endorsements

"*This Will Only Hurt a Little* is a must-read for anyone who is interested in aging well. It's a wise, funny, and compassionate guide that will help readers navigate the medical realities of aging with grace and dignity." —

**AARP**

"Holly Robinson Peete and Jennifer Teege have written a book that is both informative and inspiring. *This Will Only Hurt a Little* is a valuable resource for anyone facing the challenges of aging." —**The New York Times**

"*This Will Only Hurt a Little* is a witty, compassionate guide that provides an insider's tour of inconvenient truths about aging, arming readers with the knowledge and support to face the inevitable in a healthy and mindful way." —**Library Journal**

## About the Authors

**Holly Robinson Peete** is an actress, author, and advocate for people with Parkinson's disease. She is the co-author of the New York Times bestseller *My Father's Daughter*.

**Jennifer Teege** is a cancer survivor and the author of the bestselling memoir *My Grandfather Would Have Shot Me*.

## Free Download Your Copy Today

*This Will Only Hurt a Little* is available now at all major bookstores and online retailers.

Free Download your copy today!



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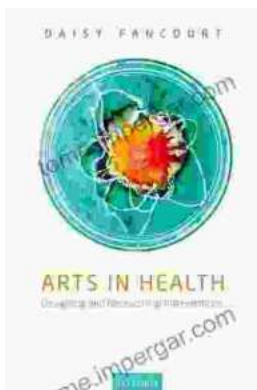
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