when we think of someone as "growing old," we are speaking of the outcomes of these and other processes that take place simultaneously, but at different rates for different people.

for me, i prefer on my stomach with my knees pulled up and together, almost like the child's pose on yoga.

absolutely vital - and i cannot stress this enough, is to make sure you are properly medicated - not

(i asked my uncle and he said missoula has about a 65,000 people)

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