Dr. Carol L. Monson, DO. MS.

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ABOUT THE AUTHOR

Carol L. Monson, DO, MS, is an osteopathic family physician, university professor, and psychotherapist. She is the award-winning, best-selling author of Aging Optimally: Essential Tools for Healing Pain of Body, Mind, and Spirit and its companion, the Aging Optimally Workbook. Dedicated to helping others live healthier, happier lives, Dr. Monson draws on her expertise in medicine, teaching, and psychotherapy to inspire readers to take charge of their well-being. Her work focuses on empowering people with practical tools to age optimally, improve their health, and embrace life's journey with vitality and purpose.

IN THIS BOOK YOU WILL LEARN

- Identify your injuries and treat your pain.
- Identify the tools to treat and heal your pain.
- Change your life circumstances in a positive way.
- Choose wellness for your body, mind, and spirit.
- Live a happier and longer life

TALK TOPICS

- Enhance your sexuality at any age
- You can change your DNA
- Confronting your Fears
- The Pursuit of Happiness
- Your Heart-Brain Connection
- Cultivating your Microbiome

TARGET AUDIENCE

- Women age 40-70 who want to change their lives and are willing to spend time and money doing it.