



# Help, Lord! I'm Having a Senior Moment Again: Laughing Through the Realities of Growing Older

*Karen O'Connor*

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While growing older certainly has its benefits, its downside poses big challenges. Physical decline; loss of spouses, relatives, and friends; memory lapses; feelings of inadequacy or uselessness--such things can give us those "senior moments" that sidetrack us with fear and worry. In this sequel to her bestselling book, Karen O'Connor brings even more encouragement to people in their golden years, prompting them to reflect, laugh, play, and take both burdens and joys to the Lord who cares for them.



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