

## Quotes on Aging Well

Age is a question of mind over matter. If you don't mind, it doesn't matter.  
-- Satchel Paige

Beautiful young people are accidents of nature, but beautiful old people are works of art.  
-- Eleanor Roosevelt

Men do not quit playing because they grow old; they grow old because they quit playing.  
-- Oliver Wendell Holmes

And in the end, it's not the years in your life that count. It's the life in your years.  
-- Abraham Lincoln

Old age is like everything else. To make a success of it, you've got to start young.  
-- Fred Astaire

If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should never grow old.  
-- John Kenneth Galbraith

Beware of the young doctor and the old barber.  
-- Benjamin Franklin

You can judge your age by the amount of pain you feel when you come in contact with a new idea.  
-- Pearl S. Buck

Age is not important unless you're a cheese.  
-- Helen Hayes

Age is no guarantee of maturity.  
-- Lawana Blackwell

You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair.  
-- Douglas MacArthur

Youth is a wonderful thing. What a crime to waste it on children.  
-- George Bernard Shaw

Do not regret growing older. It is a privilege denied to many.  
-- Author Unknown