



Exit Strategy... Leaving this Life with Grace and Gratitude

Kelsey Collins

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EXIT STRATEGY... Leaving this Life with Grace and Gratitude, is a book that takes a hard look at elder care in America through the eyes of one of its most charming and outspoken elders, a nursing home resident named Bee Landis. The book shakes up the status quo by courageously revealing the guilt, shame and fear of millions of baby boomers that are dealing with aging and dying parents. Kelsey Collins urges all of us to “adopt an elder,” and shows the reader how fulfilling a relationship with an aging parent or friend can be. EXIT STRATEGY, also humanizes the aging process in a “no holds barred” manner that gently forces us to recognize we are not only all in this together, we are also all going to exit at some point. Having our own exit strategies will help us to live each day more fully, genuinely and more lovingly.

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