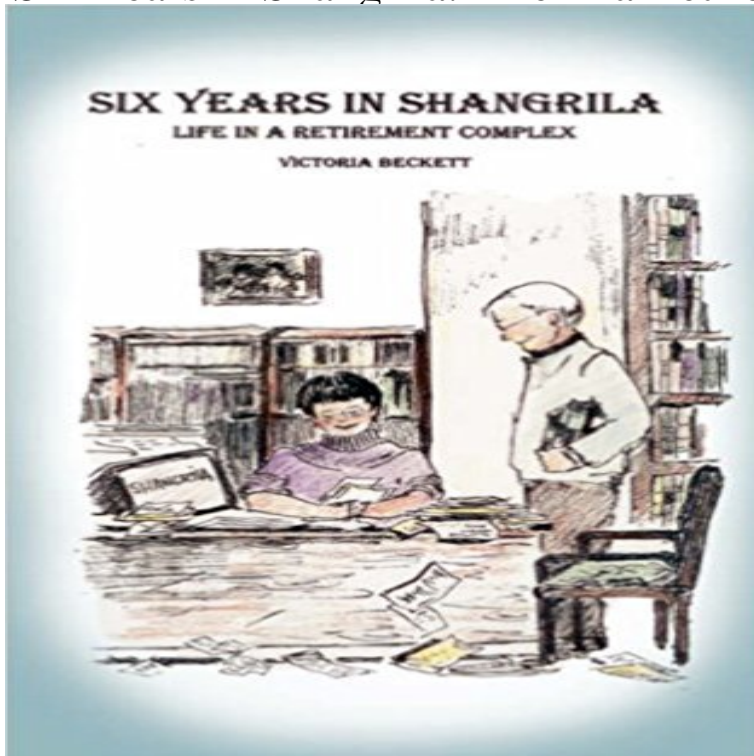


## Six Years in Shangrila: Life in a Retirement Complex



Dr. Beckett's memoir *Living Medicine* describes her exciting exit from war-torn China to America as a teenager, and through education and training to become a Mayo Clinic physician. In active retirement she continues to live in Rochester, Minnesota with her husband Dr. Joe Sharp. *Six Years in Shangrila* is an illustrated, vivid account of her life in a model retirement complex where she now lives. She describes the interesting people, excellent staff, comprehensive services and many enjoyable activities both to attend and participate in. Her retirement complex mirrors Shangrila, which was a mythical paradise where occupants are always happy and never seem to grow old. She hopes to encourage everyone, especially the elderly, to seek a similarly happy hassle-free life.

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