TOO SEASONED TO STRESS

Reflections on Graceful Aging and Living Fully is a collection of Christopher Kimiti's heartfelt lessons and reflections gathered at the threshold of seventy. Drawing from decades of trials and triumphs, he shares stories of family, faith, and community that encourage readers to see aging not as decline but as a season of growth, gratitude, and deeper living. The book blends humor, resilience, and faith, offering practical wisdom and inspiration to live lighter, love deeper, and face life's later years with dignity and joy.

The book is superb—rich in wisdom, scripture, and metaphors like the muiri tree that anchor its powerful message on aging, legacy, and faith. Its engaging language, practical exercises, and relatable storytelling make it a timeless guide for living stress-free and with purpose.

Dr. Pastor John Wakhanu

Too Seasoned to Stress is a timeless guide through life's seasons, offering wisdom, practical insights, and relatable examples. Anchored in Ecclesiastes 3, it shows how to navigate change with purpose and hope. Christopher Kimiti's honest and down-to-earth approach makes this book both inspiring and deeply practical for living meaningfully in a chaotic world.

Joseph M. Kivai, FCCA (UK), CPA (K), CPS (K)

I have watched Christopher's journey with admiration, and this book reflects his perseverance, wisdom, and devotion to faith. Filled with inspiring stories and profound insights, it is a true blessing and part of a legacy that will impact generations.

Dr. Susan Wanuri Ngure

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Christopher Kimiti