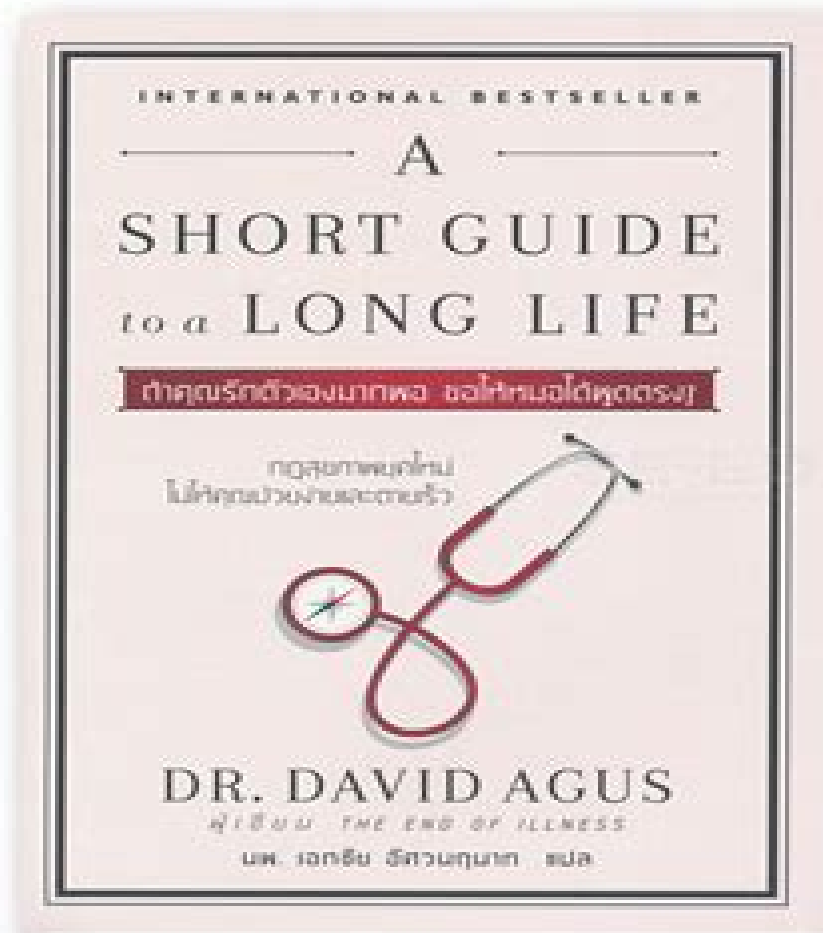




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A Short Guide To A Long Life

Kate de Medeiros



A Short Guide To A Long Life:

A Short Guide to a Long Life David B. Agus, 2014-12-30 A fun illustrated book of simple rules everyone should follow in order to live a long healthy life derived from Dr Agus's 1 New York Times bestselling book *The End of Illness* A Short Guide to a Long Life David B Agus, 2014-01-16 One of the world's leading doctors and the author of the No 1 New York Times bestselling book *The End of Illness* Dr David B Agus presents the simple rules everyone should follow in order to live a long healthy and productive life The Short Guide to a Long Life is divided into four sections What to Do What to Avoid What to Master and Doctor's Orders that provide the definitive answers to many common and not so common questions Who should take a baby aspirin daily Are flu shots safe Are vitamins bad for you What is truly fresh produce Why is it important to protect your senses Dr Agus's eye opening responses will help you develop new effective patterns of personal health care so you can maintain your health using the latest and most reliable science *Smart Aging for Women* Elizabeth Rigley, 2024-10-25 *Smart Aging for Women* empowers readers with an approach to living that can lead to a healthier longer and happier life This in depth look at the impact of lifestyle on aging will convince women that it is much easier to stay healthy than to cope with a chronic disease This comprehensive guide will help you to Understand the aging process Avoid the chronic diseases of aging with five key lifestyle strategies Navigate and survive perimenopause and menopause Maintain your libido and enjoy a fulfilling sex life Become your own health care advocate Learn about the latest surgical and non surgical cosmetic procedures Bristling with life and reasonable actionable hope for all women this guide shows you how to remain healthy younger and stronger well into your senior years Even with a family history of chronic diseases for the most part your fate is in your hands How long you live is more about how you live your life each day and less about how your parents died *The Nordic Guide to Living 10 Years Longer* Bertil Marklund, 2017-04-29 A Swedish doctor shares the secrets of Nordic health and happiness in this short guide to living a longer life The Nordic Guide to Living 10 Years Longer is a pragmatic little book that channels the simple healthy lifestyle of Scandinavia Swedish doctor Bertil Marklund covers broad ground in just over one hundred pages providing a comprehensive guide to lifestyle choices including sleep diet exercise and the negative impact of stress he also introduces the concept of lagom a Swedish take on moderation We can all adopt the ten tips outlined in the book without completely rethinking the way we live With his practical advice Dr Marklund gives you the power to make a difference in your own life today and in the future A Short Guide for the Rational Treatment of Children, in Health and Disease, by Water Chr. Charles Schieferdecker, Christian Charles Schieferdecker, 1852 **The Short Guide to Aging and Gerontology** Kate de Medeiros, 2016-11-09 The Short Guide to Aging and Gerontology provides a concise and authoritative overview of key issues related to age including how old age has been viewed historically and across cultures what we know about health and function in later life and how older age is financed throughout the world among other questions Also including current research on policy and practice and detailed suggestions for further reading it is an important resource

both for anyone new to gerontology as well as established scholars and practitioners in the field *Love Your Age* Barbara Hannah Grufferman, 2018 *Love Your Age* is the ultimate guide to looking and feeling your best whether you're 45 or 65 In these colorful pages lifestyle expert Barbara Hannah Grufferman reveals more than 100 easy to adopt healthy habits empowering you to make positive choices that will lead to a longer happier life one small step at a time From health and wardrobe to work and relationships each action will steer you toward a personal goal whether it's eating better conquering menopause keeping your brain sharp or rebooting your sex life Fun innovative and practical this go to resource will inspire you to live your best life yet *How to Age Joyfully* Judi Dench, Maggy Pigott, 2019-07-11 We're living longer let's live better Getting older should be something to enjoy and celebrate And it can be Research shows that we can make a big difference to how well we age From staying active to connecting with others this uplifting book shares the secrets to ageing well in eight steps to help keep you healthy and happy Each step has easy to follow tips alongside inspiring words both ancient and modern and more Whether you choose to follow some of the advice or all this is the perfect guide for living a more fulfilled healthy and joyful life **The Cultural Context of Aging** Jay Sokolovsky, 2020-06-09 From the laughing clubs of India and robotic granny minders of Japan to the Flexsecurity system of Denmark and the elderscapes of Florida experts in this collection bring readers cutting edge and future focused approaches to our aging population worldwide In this fourth edition of an award winning text on the consequences of global aging a team of expert anthropologists and other social scientists presents the issues and possible solutions as our population over age 60 rises to double that of the year 2000 Chapters describe how the consequences of global aging will influence life in the 21st century in relation to biological limits on the human life span cultural construction of the life cycle generational exchange and kinship makeup of households and community and attitudes toward disability and death This completely revised edition includes 20 new chapters covering China Japan Denmark India West and East Africa Indonesia Mexico Peru indigenous Amazonia rural Italy and the ethnic landscape of the United States A popular feature is an integrated set of web book chapters listed in the contents discussed in chapter introductions and available on the book's web site **Amaging(TM) Growing Old On Purpose** Margie Hackbarth, 2021-06-30 This book gives practical steps to take action with personal examples and helpful resources Reading it inspired me to be a better friend gave me new energy for new habits and grew my desire for a stronger prayer life Jill Renken MPH CHES Aging Professional How's a person to thrive late in life given gravitational pull increasing fatigue and culture's age biases With intentionality says author Margie Hackbarth With personally crafted affirmations the results are simply Amaging Phillip L Ransom Writer Communicator This was a really good book for someone like me who at 59 is retiring soon I often fear old age and health mental issues such as dementia This book shed a positive light on these issues and the affirmations helped alleviate some of my anxiety over aging I will continue to refer to this book as my I start this exciting new chapter in my life 5 Stars NetGalley Reviews This is a great roadmap to healthy aging and living life to the fullest It's

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