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*The Age Of Aging How
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World Ebook George*

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Yale professor and leading
expert on the psychology of
successful aging, Dr. Becca
Levy, draws on her ground-
breaking research to show how

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age beliefs can be improved so
they benefit all aspects of the
aging process, including the way
genes operate and the extension
of life expectancy by 7.5 years.
The often-surprising results of
Levy ' s science offer stunning

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revelations about the mind-body connection. She demonstrates that many health problems formerly considered to be entirely due to the aging process, such as memory loss, hearing decline, and cardiovascular

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events, are instead influenced by the negative age beliefs that dominate in the US and other ageist countries. It's time for all of us to rethink aging and Breaking the Age Code shows us how to do just that. Based on

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her innovative research, stories that range from pop culture to the corporate boardroom, and her own life, Levy shows how age beliefs shape all aspects of our lives. She also presents a variety of fascinating people who

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have benefited from positive age beliefs as well as an entire town that has flourished with these beliefs. Breaking the Age Code is a landmark work, presenting not only easy-to-follow techniques for improving age

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beliefs so they can contribute to successful aging, but also a blueprint to reduce structural ageism for lasting change and an age-just society.

“ A fascinating look at how scientists are working to help

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doctors treat the aging process
itself, helping us all to lead
longer, healthier lives.” –Sanjay
Gupta, MD Aging—not cancer,
not heart disease—is the
underlying cause of most human
death and suffering. The same

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cascade of biological changes
that renders us wrinkled and
gray also opens the door to
dementia and disease. We work
furiously to conquer each
individual disease, but we never
think to ask: Is aging itself

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necessary? Nature tells us it is not: there are tortoises and salamanders who are spry into old age and whose risk of dying is the same no matter how old they are, a phenomenon known as “biological immortality.” In

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Ageless, Andrew Steelecharts
the astounding progress science
Magnus
has made in recent years to
secure the same for humans: to
help us become old without
getting frail, to live longer without
ill health or disease.

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A wide-ranging selection of readings, emphasizing the social and psychological processes occurring between middle age and old age and drawing on empirical studies and studies in which the research methods are

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clearly presented

Ageing has become a high
priority issue on the agenda of
legislators, public forums, and
human service agencies. Social
scientists are acknowledging that
the American society is ageing -

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that is, older persons live longer and are increasing in numbers relative to the rest of the population. In "The Age of Aging", Abraham Monk has collected some of the most engaging and useful essays on

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ageing ever to have appeared in one volume. This book contributes to a better understanding of the processes of ageing and their impact on society as a whole. It goes beyond a mere descriptive

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account of the aged population, for it probes the images held about them and compares these views with their actual life styles, developmental transitions and crises. It also examines those experiences in light of social

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gerontological theories. Among
the contributors, all of whom are
leading researchers in the field of
gerontology, are: Donald O
Cowgill, Irving Roscow, Beverly
A Yawney and Darrell L Slover,
Dan Rubenstein, Helena Lopata,

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Marjorie H Cantor, and Martin B
Sussman. This is not a single
discipline book. It is not
psychology, sociology, or social
work, in the strict sense, but a
combination of all. Thus, it is
geared to a wide professional

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and educated laymen audience. Students in the social sciences and human service careers, and anyone seeking a better understanding about issues and concerns of old age will find this anthology a most invaluable and

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useful sourcebook.

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Long-Term Implications of an
Older Population

Breaking the Age Code

Into the Age of Aging

How Long Life Is Changing the

World of Health, Work,

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Innovation, Policy, and Purpose
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The Science of Aging, the
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Biology of Strength, and the
Privilege of Time
Aging and the Macroeconomy
Ageless
Almost 25 years have

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passed since the Demography of Aging (1994) was published by the National Research Council. Future Directions for the Demography of Aging is,

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in many ways, the successor to that original volume. The Division of Behavioral and Social Research at the National Institute on Aging (NIA) asked the

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National Academies of Sciences, Engineering, and Medicine to produce an authoritative guide to new directions in demography of aging. The papers published in this

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report were originally presented and discussed at a public workshop held in Washington, D.C., August 17-18, 2017. The workshop discussion made evident

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that major new advances had been made in the last two decades, but also that new trends and research directions have emerged that call for innovative conceptual,

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design, and measurement approaches. The report reviews these recent trends and also discusses future directions for research on a range of topics

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***that are central to
current research in the
demography of aging.
Looking back over the
past two decades of
demography of aging
research shows***

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remarkable advances in our understanding of the health and well-being of the older population. Equally exciting is that this report sets the stage for the next two

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decades of innovative researchâ€"a period of rapid growth in the older American population.

The year 2008 marks the beginning of the baby

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*boomer
retirementavalanche just
as the different
demographics in advanced
and mostdeveloping
countries are becoming
more pronounced. People*

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are worrying again that developments in global population trends, food supply, natural resource availability and climate change raise the question as to

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whether Malthus was right after all. The Age of Aging explores a unique phenomenon for mankind and, therefore, one that takes us into uncharted territory. Low

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birthrates and rising life expectancy are leading to rapid aging and stagnation or fall in the number of people of working age in Western societies. Japan is in

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pole position but will be joined soon by other Western countries, and some emerging markets including China. The book examines the economic effects of

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aging, the main proposals for addressing the implications, and how aging societies will affect family and social structures, and the type of environment in which

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the baby-boomers' children will grow up.

The contrast between the expected old age bulge in Western nations and the youth bulge in developing countries has

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important implications for globalization, and for immigration in Western countries - two topics already characterized by rising discontent or opposition.

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***But we have to find ways
of making
both globalization and
immigration work for
all, for fear that
failure may lead us down
much darker paths. Aging***

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***also brings
new challenges for the
world to address in two
sensitive areas,
the politicization of
religion and the
management of***

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international security.
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*Governments and global
institutions will have
to take greater
responsibilities to
ensure that public
policy responses*

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are appropriate and measured. The challenges arising within aging societies, and the demographic contrasts between Western and developing countries

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***make for a fractious
world - one that is lined
with the much-debated
'decline of the West'.
The book doesn't flinch
from recognizing the
ways in which this could***

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***become more visible, but
also asserts that we
can address demographic
change effectively if
governments
and strengthened
international***

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institutions are permitted a larger role in managing change. Some well-known age-related neurological diseases include Parkinson's disease,

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***Alzheimer's disease,
deafness, and blindness.
Even more common are the
problems of aging which
are not due to disease
but to more subtle
impairments in***

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***neurobiological systems,
including impairments in
vision, memory loss,
muscle weakening, and
loss of reproductive
functions, changes in
body weight, and***

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sleeplessness. As the average age of our society increases, diseases of aging continue to become more common, and conditions associated with aging

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need more attention by doctors and researchers. In 1991, patients over the age of 65 saw their doctors an average of eight times per year. Research funding is

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provided by the Neuroscience and Neuropsychology of Aging (NNA) Program, which is run by the National Institute on Aging. This book offers a

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comprehensive overview of all topics related to functional impairments which are related to the aging brain and nervous system. It is organized according to four

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general functions: movement, senses, memory, and neuroendocrine regulation. Written by the leading researchers in the field, this

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comprehensive work addresses both impairments associated with diseases and not associated with diseases, making it easier to understand the

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mechanisms involved.

*Functional Neurobiology
of Aging is an important
reference for
professionals and
students involved in
aging research, as well*

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as physicians who need to recognize and understand age-related impairments. Organized by function, making it easy to find and understand the material

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Addresses *impairments*
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both associated with
diseases and not
associated with diseases
Written by leading
researchers in the field
Most comprehensive

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***source of information on
the neurobiology of
aging***

***The Elements of
Cognitive Aging provides
a qualitative overview
(mostly using graphical***

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meta-analysis) of the vast literature on aging and speeded tasks- bringing together, for the first time, almost everything we know about aging and processing

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speed. The book investigates age-related slowing in elementary tasks (including updated parameters for the Aging Human Information Processor) and tasks of

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***executive control
(inhibition, task
shifting, and task
coordination). It
examines regularities in
the age-related effects
of these tasks that***

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might hint at underlying brain-related mechanisms, while having a keen eye for alternative explanations (such as increased caution with age). It

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models the course of speed-of-processing over the lifespan and investigates the influence of generational differences on mental speed.

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***Finally, it examines the
influence of age-related
mental slowing on other
aspects of cognition
(working memory,
executive control
episodic memory, aspects***

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***of fluid intelligence),
and provides the first
systematic review of age-
speed-cognition
mediation in a
longitudinal context.
Handbook of Theories of***

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Aging, Second Edition

Human Aging

An Aging World

***Proceedings of a
Workshop***

Successful Aging

Disrupt Aging

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***A Neuroscientist
Explores the Power and
Potential of Our Lives***

*Does a longer life mean a
healthier life? The number
of adults over 65 in the
United States is growing,*

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but many may not be aware that they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop

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*October 29-30, 2009, to
discuss food safety and
nutrition concerns for
older adults.*

*The Seven Graces of
Ageless Aging synthesizes
and simplifies the*

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components of conscious aging into a primer for individuals who are concerned about their own aging process and for those caring for the elderly who seek an

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*enlightened understanding
of how all of us may
approach aging more
consciously and,
gracefully. In short,
these Seven Graces can
serve as stepping-stones*

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toward attaining emotional or spiritual wholeness as we age.

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*Provides statistical
information on the*

*worldwide population of
people 65 years old or
older.*

The Upside of Aging

Bodies and Gender in Time

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Silvercomm
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How to Age
The Elements of Cognitive
Aging
The New Science of Getting
Older Without Getting Old
Understanding

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Communication and Aging

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While adults 65 and older control
70% of disposable income in the
U.S., most marketing campaigns
devote under 10% of their budgets
to seniors. Engaging students in
strategies and practices for this

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age of longevity, this text features professional interviews, theory-based research, and practical exercises to supplement any strategic comm course.

The nature and consequences of aging depend on its environmental

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context, and the literature does not treat the various environmental dimensions in an integrated fashion. The authors introduce a general approach to the human ecosystem, highlighting theoretical and

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empirical issues necessary to an understanding of person-environment interaction related to aging. They then investigate in detail three aspects of the environment of older persons: residential and neighborhood,

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interpersonal support networks, and age-related attitudes. They give specific attention to the impact of the age composition of neighborhoods and interpersonal networks. The authors present findings from their interview

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survey of 1,185 community residents aged 60 and over. Major findings from the interviews include: Despite objective neighborhood problems, older persons express high neighborhood satisfaction. This

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partly reflects limited residential options, as well as a passive and vicarious spatial experience. The environment is experienced in diverse ways; however, urbanism and personal competence shape the nature and outcomes of

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person-environment interaction. Older persons have relatively robust interpersonal support networks. Perceived sufficiency of contact and support are more salient to morale than are more objective measures of

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interpersonal support. Although attitudes toward other older people are generally favorable, patterns of age identity reflect a detrimental view of aging. There is little evidence that socialization for aging or age-group solidarity make

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aging “easier” in this regard. Older persons exhibit moderate age homogeneity within their interpersonal networks, partly reflecting neighborhood age concentration. Contrary to the apparent benefits of planned age-

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segregated housing, age homogeneity in neighborhoods and networks does not contribute to well-being. The authors examine three major themes in their concluding chapter; age itself does not “loom large” in the lives

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of these community residents, though age becomes salient under certain conditions; there is diversity in the implications of the environmental context for aging, in particular reflecting an “environmental docility”

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hypothesis; and aging must be viewed in interactional or transactional terms—older people

“construct” the environment as a subjective entity.

Age is an important number, but it can also be deceiving. After 40,

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most people say they feel younger than their years, some lie about their age, and many attempt to hide the signs of growing old. Better with Age addresses the many myths and paradoxes about the aging process. Although most

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people think of their later years in terms of decline, they can be one of the best times in life. This book presents the latest scientific research about the psychology of aging, coupled with insights from those who have succeeded in

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doing it well, such as Maya Angelou, Bob Newhart, Jared Diamond, John Glenn, and John Wooden. We are all aging, and many people are concerned about what to expect with advancing years. Retirement, happiness, and

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brain health are some of the many topics covered in this book. Better with Age shows what we can do now, at any stage in life, to make sure we enjoy old age. This comprehensive handbook presents the major philosophical

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perspectives on the nature, prospects, problems and social context of age and aging in an era of dramatically increasing life-expectancy. Drawing on the latest research in gerontology, medicine and the social sciences, its twenty-

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seven chapters examine our intuitions and common sense beliefs about the meaning of aging and explore topics such as the existential experience of old age, aging in different philosophical and religious traditions, the place

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of the elderly in contemporary society and the moral rights and responsibilities of the old. This book provides innovative and leading-edge research that will help to determine the parameters of the philosophy of aging for

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years to come. Key Features •
Structured in four parts addressing the meaning, experience, ethics and future of aging •
Comprehensive ethical coverage including of the retirement age, health-care for the elderly and the

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transhumanist life-extending project • Focused treatment of the dementia 'epidemic' and the philosophy of the mind and self

The Palgrave Handbook of the Philosophy of Aging is an essential resource for scholars, researchers

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and advanced students in the philosophy of the self, moral and political philosophy, bioethics, phenomenology, narrative studies and philosophy of economics. It is also an ideal volume for researchers, advanced students

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and professionals in gerontology,
health care, psychology, sociology
and population studies.

The Age of Aging

A Reader in Social Gerontology

The Palgrave Handbook of the
Philosophy of Aging

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Age Becomes Us

Demography, Society, and Old Age

The Longevity Book

**As the United States and the rest of
the world face the unprecedented**

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challenge of aging populations, this volume draws together for the first time state-of-the-art work from the emerging field of the demography of aging. The nine chapters, written by experts from a variety of disciplines, highlight data sources and research approaches, results,

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and proposed strategies on a topic with major policy implications for labor forces, economic well-being, health care, and the need for social and family supports.

A NEW YORK TIMES BESTSELLER
“Brilliant and enthralling.”? —The Wall Street Journal A paradigm-

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shifting book from an acclaimed Harvard Medical School scientist and one of Time's most influential people. It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose

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our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: “Aging is a disease, and that disease is treatable.” This eye-opening and provocative work

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takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse,

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aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not

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just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure,

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exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, Lifespan will forever change the

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way we think about why we age and what we can do about it.

Enter The Age-Free Zone... You have the power to reverse aging — beginning with your next meal! Ask yourself these life-changing questions: Is it too late to reverse aging? What type of diet will

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increase my sexual energy and desire? Can I make my hormones work more effectively? Do high-carbohydrate diets accelerate aging? How can I reduce free-radical-induced aging? How does stress reduce brain longevity? No one wants to get old or show the

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signs of age. In this breakthrough book Dr. Barry Sears goes beyond looking at food simply as a source of calories and explains the incredibly powerful biological effects it has on your hormones. In addition to unravelling the mysteries of your hormones and

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their role in aging, Dr. Sears reveals the essential dietary information you need to start your own age-reversal journey. Begin your age-free lifestyle today! The Age-Free Zone includes: A week of Age-Free Zone meals for men and women Age-Free Zone meals for

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the business traveller Age-Free

Zone meals in fast-food restaurants

A simple, at-home Age-Free Zone
exercise program

The United States is in the midst of
a major demographic shift. In the
coming decades, people aged 65
and over will make up an

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increasingly large percentage of the population: The ratio of people aged 65+ to people aged 20-64 will rise by 80%. This shift is happening for two reasons: people are living longer, and many couples are choosing to have fewer children and to have those children

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somewhat later in life. The resulting demographic shift will present the nation with economic challenges, both to absorb the costs and to leverage the benefits of an aging population. Aging and the Macroeconomy: Long-Term Implications of an Older Population

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presents the fundamental factors driving the aging of the U.S. population, as well as its societal implications and likely long-term macroeconomic effects in a global context. The report finds that, while population aging does not pose an insurmountable challenge to the

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nation, it is imperative that sensible policies are implemented soon to allow companies and households to respond. It offers four practical approaches for preparing resources to support the future consumption of households and for adapting to the new economic landscape.

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**How to Die Young As Late in Life As
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Selected Findings

**Meta-Analyses of Age-Related
Differences in Processing Speed
and Their Consequences
Future Directions for the
Demography of Aging**

Page 117/204

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Aging in the Past
Demography of Aging
Ending Aging

How do some people avoid the slowing down, deteriorating, and weakening that plagues many of their peers decades earlier? Are they just lucky? Or do they know something the rest of us don ' t? Is it

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possible to grow older without getting
sicker? What if you could look and feel
fifty through your eighties and nineties?

Founder of the Institute for Aging
Research at the Albert Einstein College of
Medicine and one of the leading pioneers
of longevity research, Dr. Nir Barzilai ' s
life ' s work is tackling the challenges of

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aging to delay and prevent the onset of all age-related diseases including “the big four”: diabetes, cancer, heart disease, and Alzheimer ’ s. One of Dr. Barzilai ’ s most fascinating studies features volunteers that include 750 SuperAgers—individuals who maintain active lives well into their nineties and even beyond—and, more

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importantly, who reached that ripe old age never having experienced cardiovascular disease, cancer, diabetes, or cognitive decline. In *Age Later*, Dr. Barzilai reveals the secrets his team has unlocked about SuperAgers and the scientific discoveries that show we can mimic some of their natural resistance to the aging process.

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This eye-opening and inspirational book will help you think of aging not as a certainty, but as a phenomenon—like many other diseases and misfortunes—that can be targeted, improved, and even cured.

INSTANT TOP 10 BESTSELLER *New York Times *USAToday *Washington

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Post *LA Times "Debunks the idea that aging inevitably brings infirmity and unhappiness and instead offers a trove of practical, evidence-based guidance for living longer and better." —Daniel H. Pink, author of *When and Drive*

SUCCESSFUL AGING delivers powerful insights:

- Debunking the myth that

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- memory always declines with age
- Confirming that "health span"—not "life span"—is what matters
- Proving that sixty-plus years is a unique and newly recognized developmental stage
- Recommending that people look forward to joy, as reminiscing doesn't promote health

Levitin looks at the science behind

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what we all can learn from those who age joyously, as well as how to adapt our culture to take full advantage of older people's wisdom and experience.

Throughout his exploration of what aging really means, using research from developmental neuroscience and the psychology of individual differences,

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Levitin reveals resilience strategies and practical, cognitive enhancing tricks everyone should do as they age. Successful Aging inspires a powerful new approach to how readers think about our final decades, and it will revolutionize the way we plan for old age as individuals, family members, and citizens within a society where the

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average life expectancy continues to rise.

The field of gerontology has often been criticized for being "data-rich but theory-poor." The editors of this book address this issue by stressing the importance of theory in gerontology. While the previous edition focused on multidisciplinary approaches to aging theory, this new edition provides

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cross-disciplinary, integrative explanations of aging theory. The contributors of this text have reached beyond traditional

disciplinary boundaries to partner with researchers in adjacent fields in studying aging and age-related phenomena. This edition of the Handbook consists of 39 chapters written by 67 internationally

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recognized experts in the field of aging. It is organized in seven sections, reflecting the major theoretical developments in gerontology over the past 10 years. Special Features: Comprehensive coverage of aging theory, focusing on the biological, psychological, and social aspects of aging
A section dedicated to discussing how

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aging theory informs public policy A concluding chapter summarizing the major themes of aging, and offering predictions about the future of theory development Required reading for graduate students and post doctoral fellows, this textbook represents the current status of theoretical development

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in the study of aging.

Thanks to improved food, medicine, and living conditions, the average age of the population is increasing throughout the modern industrialized world. Yet, despite the recent upsurge of scholarly interest in the lives of older people and the blossoming of historical demography, little

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historical demographic attention has been paid to the lives of the elderly. A landmark volume, *Aging in the Past* marks the emergence of the historical demographic study of aging. Following a masterly explication of the new field by Peter Laslett, leading scholars in family history and historical demography offer new

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research results and fresh analyses that greatly increase our understanding of aging, historically and across cultures. Focusing primarily on post-Industrial Europe and the United States, they explore a range of issues under the broad topics of living arrangements, widowhood, and retirement and mortality. This

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important work provides a much-needed historical perspective on and suggests possible alternative solutions to the problems of the aged. Contributors: George Alter, Rudolf Andorka, Allen C. Goodman, Myron P. Gutmann, Michael R. Haines, E. A. Hammel, Tamara K. Hareven, Nancy Karweit, David I.

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Kertzer, Peter Laslett, Andrejs Plakans,
Roger L. Ransom, Daniel Scott Smith,
Richard Sutch, Peter Uhlenberg, Richard
Wall, Charles Wetherell This title is part
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them voice, reach, and impact. Drawing on a backlist dating to 1893, *Voices Revived* makes high-quality, peer-reviewed scholarship accessible once again using print-on-demand technology. This title was originally published in 1995.

The Environment for Aging
Anti-Aging Strategies for Optimum

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Lifespan
Magus
Functional Neurobiology of Aging
Health Span, Life Span, and the New
Science of Longevity
The Psychology of Successful Aging
Providing Healthy and Safe Foods As We
Age

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***THE SCHOOL OF LIFE IS
DEDICATED TO EXPLORING
LIFE'S BIG QUESTIONS IN
HIGHLY-PORTABLE
PAPERBACKS, FEATURING
FRENCH FLAPS AND DECKLE
EDGES, THAT THE NEW YORK***

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TIMES CALLS "DAMNABLY CUTE." WE DON'T HAVE ALL THE ANSWERS, BUT WE WILL DIRECT YOU TOWARDS A VARIETY OF USEFUL IDEAS THAT ARE GUARANTEED TO STIMULATE, PROVOKE, AND

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CONSOLE. Society has a deep fear of ageing, and showing your age is increasingly one of our most pervasive taboos. Old age in modern life is widely viewed as either a time of inevitable decline or something to be

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resisted, denied or overcome. In How to Age, sociologist and award-winning journalist Anne Karpf urges us to radically change our narrative. Exploring how our outlook on ageing is historically determined and

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culturally defined, Karpf draws upon revealing case studies to suggest how ageing can be an actively enriching time of immense growth. She argues that if we can recognize growing older as an inevitable part of the

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human condition, then the great challenge of ageing turns out to be none other than the challenge of living. In How to Age, learn how ageing isn't about your wardrobe or physical fitness, but a determination to live fully at

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every age and stage of life. Observing that people change both physically and cognitively as they age, Posner suggests that each of us has, in succession, two separate selves - younger and older - with

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different abilities, interests, and behaviors, an insight that helps clarify a number of issues concerning the elderly. Deconstructs fiction and nonfiction to further understandings of how aging

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and old age are created. In lively, accessible prose, this book expands the reach and depth of age studies. A review of age studies methods in theory, literature, and practice leads readers to see how their own

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intersectional identities shape their beliefs about age, aging, and old age. This study asks readers to interrogate the “texts” of menopause, self-help books on aging, and foundational age studies works. In addition to the

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study of these nonfiction texts, the poetry and prose of Doris Lessing, Lucille Clifton, and Louise Erdrich serve as vehicles for exploring how age relations work, including how they invoke readers into kinships of

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reciprocal care as othermothers, otherdaughters, and otherelders. The literary chapters examine how gifted storytellers provide enactments, portrayals, and metaphorical uses of age to create transformative potential.

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Leni Marshall is Associate Professor of English at the University of Wisconsin–Stout and the coeditor (with Valerie Barnes Lipscomb) of Staging Age: The Performance of Age in Theatre, Dance, and Film.

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Drawing on controversial theories, argues that everyday people can live to be one thousand years old if they overcome six biological problems related to toxic waste, aging, and disease.

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***The Age-Free Zone
Aging and Old Age
The Seven Graces of Ageless***

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***Aging
Middle Age and Aging
Workshop Summary***

**Human Aging: From Cellular
Mechanisms to Therapeutic
Strategies offers an exhaustive
picture of all the biological aspects of**

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human aging by describing the key mechanisms associated with human aging and covering events that could disrupt the normal course of aging. Each chapter includes a summary of the salient points covered, along with futures prospects. The book provides

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readers with the information they need to gain or deepen the skills needed to evaluate the mechanisms of aging and age-related diseases and to monitor the effectiveness of therapies aimed at slowing aging. The book encourages PhD and

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Postdoc students, researchers, health professionals and others interested in the biology of aging to explore the fascinating and challenging questions about why and how we age as well as what can and cannot be done about it. Concentrates on different

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processes, e.g., oxidative stress, cellular senescence and Inflammaging Offers the ability to access cross-sectional knowledge more easily Written by expert researchers in biogerontology who are actively involved in various fields

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within aging research
Understanding Communication and Aging is the most accessible introductory text in the area of communication and aging. The book examines key topics such as interpersonal and family

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relationships in old age, media portrayals of aging, cultural variations in intergenerational communication, and health communication in old age. With a lively presentation style, the book presents central research findings in

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the area while engaging students more broadly in the important questions concerning communication and human aging: Why do some people age more successfully than others? What role does communication play in shaping our

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**attitudes and feelings about getting
older? Are there different or better
ways in which we could get old?**

**Students will emerge with a greater
understanding of communication
and aging research, and with a
greater interest and sensitivity to the**

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ways in which communication is shaped by, and itself influences, the aging process.

In Breaking the Age Barrier Sherry Torkos and Farid Wassef, both respected pharmacists and authors, integrate conventional and

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complementary approaches to examine aging from a variety of perspectives: historical, medical, genetic, and nutritional. They show the significance of diet, lifestyle and the environment to the aging process, and explore the research

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and validity behind supplements, programs and diets promoted as anti-aging therapies. Then, in a practical and easy-to-read style, they explain the aging process and show how to develop an anti-aging program customized to your own needs.

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**We live in the Age of Aging—no other
global trend will do more to impact
public policy, health and human
welfare. The world's Baby Boomers
are marketing's most valuable
generation and to exploit an
opportunity this significant requires**

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the smartest thinking from the marketing community. 'Getting Better With Age' is based on the premise that as the world ages, marketers need to improve the way that they market to people of age. This groundbreaking piece of

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writing comprises insights, examples and intelligence to help marketers more effectively connect with aging consumers to realize the fast business growth associated with this massive but under-leveraged target market. It is based on innovative, new

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(young) thinking about aging and what it means to be "old," contains reasons why "70 is the new 50" as well as the implications for marketers in responding in order to leverage and build existing and new brand franchises.

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**The Rejuvenation Breakthroughs
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Our Lifetime**

Better with Age

Aging at the Age of 80

Age Later

How Your Beliefs About Aging

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**Determine How Long and Well You
Live**

The Oxford Book of Aging

**Marketing for Gold in the Age of
Aging**

This is a satire about getting old.
Today at 80 the author is trying to

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share some of his scant wisdom
about life.

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Illuminating the pleasures, pains,
dreams, and triumphs of aging, an
abundance of writings from a
variety of perspectives includes
Mozart's letter to his dying father,

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Mark Twain's sardonic formula
for reaching seventy, and thoughts
from Huang Ti, an ancient
Chinese physician. UP.

The Upside of Aging: How Long
Life Is Changing the World of
Health, Work, Innovation, Policy

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and Purpose explores a titanic shift that will alter every aspect of human existence, from the jobs we hold to the products we buy to the medical care we receive - an aging revolution underway across America and the world. Moving

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beyond the stereotypes of
dependency and decline that have
defined older age, The Upside of
Aging reveals the vast opportunity
and potential of this aging
phenomenon, despite significant
policy and societal challenges that

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must be addressed. The book's
chapter authors, all prominent
thought-leaders, point to a
reinvention and reimagination of
our older years that have critical
implications for people of all ages.
With a positive call to action, the

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book illuminates the upside for
health and wellness, work and
volunteerism, economic growth,
innovation and education. The
authors, like the baby boom
generation itself, posit new ways
of thinking about aging, as

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longevity and declining birthrates put the world on track for a mature population of unprecedented size and significance. Among topics they examine are: The emotional intelligence and qualities of the

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aging brain that science is
uncovering, "senior moments"
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notwithstanding. The new worlds
of genomics, medicine and
technology that are
revolutionizing health care and
wellness. The aging population's

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massive impact on global markets,
with enormous profit potential
from an explosion in products and
services geared toward mature
consumers. New education
paradigms to meet the needs and
aspirations of older people, and to

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capitalize on their talents. The benefits that aging workers and entrepreneurs bring to companies, and the crucial role of older people in philanthropy and society. Tools and policies to facilitate financial security for

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longer and more purposeful lives.
Infrastructure and housing
changes to create livable cities for
all ages, enabling "aging in place"
and continuing civic contribution
from millions of older adults. The
opportunities and potential for

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intergenerational engagement and collaboration. The Upside of Aging defines a future that differs profoundly from the retirement dreams of our parents and grandparents, one that holds promise and power and bears the

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stamp of a generation that has
changed every stage of life
through which it has moved.

Cameron Diaz follows up her #1
New York Times bestseller, *The
Body Book*, with a personal,
practical, and authoritative guide

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that examines the art and science
of growing older and offers
concrete steps women can take to
create abundant health and
resilience as they age. Cameron
Diaz wrote The Body Book to help
educate young women about how

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their bodies function, empowering them to make better-informed choices about their health and encouraging them to look beyond the latest health trends to understand their bodies at the cellular level. She interviewed

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doctors, scientists, nutritionists,
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and a host of other experts, and
shared what she'd learned—and
what she wished she'd known
twenty years earlier. Now
Cameron continues the journey
she began, opening a conversation

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with her peers on an essential topic that that for too long has been taboo in our society: the aging female body. In The Longevity Book, she shares the latest scientific research on how and why we age, synthesizing

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insights from top medical experts
and with her own thoughts,
opinions, and experiences. The
Longevity Book explores what
history, biology, neuroscience, and
the women's health movement
can teach us about maintaining

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optimal health as we transition from our thirties to midlife. From understanding how growing older impacts various bodily systems to the biological differences in the way aging affects men and women; the latest science on

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telomeres and slowing the rate of cognitive decline to how meditation heals us and why love, friendship, and laughter matter for health, The Longevity Book offers an all-encompassing, holistic look at how the female

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body ages—and what we can all do
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Rehabilitation Medicine for
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Improving Marketing in the Age
of Aging

The Wonder of Aging

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Breaking the Age Barrier

Why We Age—and Why We Don't
Have To

The Old Rush

Getting Better with Age

This book clearly explains when and how
different rehabilitation techniques should

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be applied in the aging patient, thereby enabling readers to identify and apply those rehabilitation strategies that will maximize quality of life and functional independence in individual cases. It is specifically designed for ease of consultation and rapid retrieval of the information most relevant to clinical

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practice. Prominence is given to the benefits of a multidisciplinary approach to rehabilitation, with discussion of a very wide range of aspects of rehabilitation in different disease settings. The breadth of coverage is illustrated by the attention paid to less commonly addressed topics such as visual and hearing rehabilitation, the role

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of robotics and 3D imaging techniques, variations in approach among health care systems, and rehabilitation in end-of-life care. The authors are international academic experts in their fields, guaranteeing a high scientific standard throughout. This manual will be an invaluable tool and source of knowledge

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for geriatricians and psychiatrists but will also appeal to a wider range of clinicians, practitioners, and students.

Bestselling author and renowned family counselor Michael Gurian teaches you how to embrace aging and life after fifty through this spiritual and comprehensive guide. The topic of aging after fifty is

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frequently only discussed in terms of health—what are the physical symptoms that come with advanced age, and what can we do about them? *The Wonder of Aging*, however, aims to look at aging in a new way—as something that is positive, showing how miraculous our second half of life can be. Gurian divides life after

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fifty into four stages: Stage 1: The Age of Transformation. This is the stage of life from the late forties to approximately sixty. Stage 2: The Age of Distinction. This stage of life lasts from approximately sixty to seventy-five. Stage 3: The Age of Completion. This stage involves completing our life-journey, both together

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(if we are still coupled) and alone, if our spouse has passed on or if we are divorced. He developed these stages in response to both scientific and anthropological information, and in response to the needs of his clients, who sought help in understanding where they were and what to expect in the second half

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of life. With updated research and anecdotes to help you discover a new paradigm for aging, you can understand how aging affects you physically, mentally, relationally, and spiritually, and how to celebrate these changes holistically and healthfully.

"The age of aging will begin in 2014 as

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the last of the baby boomers turn 50. No other global trend will do more to impact the way we live, think, act, and interact with brands for the next twenty years. The Old Rush: Marketing for Gold in the Age of Aging is an invaluable primer for marketers who want to seize the next big fast-growth opportunity—a chance to propel

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their brands and businesses forward rapidly and on a global scale. In this book, Peter Hubbell makes a strong case for why the nearly 80 million baby boomers are marketing's most valuable generation and then outlines the basic rules of marketing engagement with this cohort along with practical ideas that brands and businesses

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can use to create their own success. The lessons from the Gold Rush are particularly apt to the modern-day Old Rush: decisiveness, agility, creativity, and perseverance will be the skills needed to thrive with the aging consumer"--Publisher description.

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Marketing Practices and Messages in the
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From Cellular Mechanisms to Therapeutic
Strategies

Developing Knowledge and Awareness

A Bold New Path to Living Your Best

Life at Every Age

Interpersonal, Social, and Spatial Contexts

Page 204/204