

## A Selection of Books on Aging Well

*Titles in **bold** are new to our collection!*



How to Live: A Search for Wisdom from Old People.....	155.67	ALF
The Mature Mind: The Positive Power of the Aging Brain.....	155.671	COH
Nearing Home: Thoughts on Life, Faith, and Finishing Well.....	248.8	GRA
The Best is Yet to Come.....	248.85	LAU
Life Reimagined: Discovering Your New Life Possibilities.....	305.244	LEI
Learning to Be Old: Gender, Culture, and Aging.....	305.26	CRU
You're Old, I'm Old – Get Used to It!.....	305.26	IRO
The Third Chapter: Passion, Risk & Adventure in the 25 Years After 50.....	305.26	LAW
<b>Death need not be fatal</b> .....	305.26	MCC
The Older the Fiddle, the Better the Tune: the Joys of Reaching a Certain Age.....	305.26	SCO
Aging Well: Surprising Guideposts to a Happier Life.....	305.26	VAI
Fire Up Your Life in Retirement: 101 Ways for Women to Reinvent Themselves.....	306.3	DEP
Going Gray: What I Learned About Beauty, Sex, Work, Motherhood, Authenticity.....	306.461	KRE
Being Mortal: Medicine and What Matters in the End.....	362.17	GAW
<b>The telomere effect : a revolutionary approach to living younger, healthier, longer</b> .....	572.8	BLA
<b>Regenesis : how synthetic biology will reinvent nature and ourselves</b> .....	572.8	CHU
Moods, Emotions, and Aging: Hormones and the Mind-Body Connection.....	612.4	BRO
<b>Cracking the aging code : the new science of growing old---and what it means for staying young</b> .....	612.6	MIT
Healthy Aging: a Lifelong Guide to Your Physical and Spiritual Well-being.....	612.67	WEI
The Healthy Aging Brain: Sustaining Attachment, Attaining Wisdom.....	612.82	COZ
Longevity Made Simple: How to Add 20 Good Years to Your Life.....	613	FLA
<b>Younger : a breakthrough program to reset your genes, reverse aging, and turn back the clock 10 years</b> .....	613.043	GOT
The Real Age Makeover: Take Years Off Your Looks and Add Them to Your Life.....	613.043	ROI
<b>Primal fat burner : live longer, slow aging, super-power your brain, and save your life</b> .....	613.2	GED
You Staying Young: the Owner's Manual for Extending Your Warranty.....	613.2	ROZ
The Longevity Bible: 8 Essential Strategies for Keeping Your Mind Sharp and Your Body Young.....	613.2	SMA
<b>Your brain on food : how chemicals control your thoughts and feelings</b> .....	615.78	WEN
<b>Forever painless : end chronic pain and reclaim your life in 30 minutes a day</b> .....	616.047	ESM
<b>The end of memory : a natural history of aging and Alzheimer's</b> .....	616.8	ING
<b>Keep your brain young : a health &amp; diet program for your brain, including 150 recipes</b> .....	616.805	SMI
<b>Goop clean beauty</b> .....	646.7	GOO
What to Wear for the Rest of Your Life: Ageless Secrets of Style.....	646.7	GRO
How to Make the Rest of Your Life the Best of Your Life.....	646.79	HAN
<b>Ageproof : living longer without running out of money or breaking a hip</b> .....	650.1	CHA
Sage-ing While Age-ing.....	791.43	MAC
<b>Keep moving : and other tips and truths about aging</b> .....	791.45	VAN
<b>A story larger than my own : women writers look back on their lives and careers</b> .....	810.9	STO
While We've Still Got Feet: New Poems.....	811.54	BUD
O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre.....	813	HOT
<b>Old age : a beginner's guide</b> .....	814.54	KIN

### Online Resources:

[www.aoa.gov](http://www.aoa.gov)

[www.aarp.org](http://www.aarp.org)

[www.ageinfo.com](http://www.ageinfo.com)