

## A Selection of Books on Aging Well



<b>The happiness curve : why life gets better after 50</b>	<b>155.6 RAU</b>
<b>How to Live : A Search for Wisdom from Old People</b>	<b>155.67 ALF</b>
<b>The Mature Mind: The Positive Power of the Aging Brain</b>	<b>155.671 COH</b>
<b>Wabi sabi : Japanese wisdom for a perfectly imperfect life</b>	<b>158.1 KEM</b>
<b>Nearing Home: Thoughts on Life, Faith, and Finishing Well</b>	<b>248.8 GRA</b>
<b>In the mystery's shadow : reflections on caring for the elderly and dying</b>	<b>259.4 SWE</b>
<b>The Third Chapter: Passion, Risk &amp; Adventure in the 25 Years After 50</b>	<b>305.26 LAW</b>
<b>Death need not be fatal</b>	<b>305.26 MCC</b>
<b>Aging Well: Surprising Guideposts to a Happier Life</b>	<b>305.26 VAI</b>
<b>Late-life love : a memoir</b>	<b>305.262 GUB</b>
<b>Women rowing north : navigating life's currents and flourishing as we age</b>	<b>305.262 PIP</b>
<b>Fire Up Your Life in Retirement: 101 Ways for Women to Reinvent Themselves</b>	<b>306.3 DEP</b>
<b>Going Gray: What I Learned About ... Authenticity</b>	<b>306.461 KRE</b>
<b>Being Mortal: Medicine and What Matters in the End</b>	<b>362.17 GAW</b>
<b>Lifespan : why we age--and why we don't have to</b>	<b>570 SIN</b>
<b>The telomere effect : ... living younger, healthier, longer</b>	<b>572.8 BLA</b>
<b>Regenesis : how synthetic biology will reinvent nature and ourselves</b>	<b>572.8 CHU</b>
<b>Moods, Emotions, and Aging: Hormones and the Mind-Body Connection</b>	<b>612.4 BRO</b>
<b>Cracking the aging code : the new science of ... staying young</b>	<b>612.6 MIT</b>
<b>Borrowed time : the science of how and why we age</b>	<b>612.67 ARM</b>
<b>Healthy Aging: a Lifelong Guide to Your Physical and Spiritual Well-being</b>	<b>612.67 WEI</b>
<b>Natural causes : ... killing ourselves to live longer</b>	<b>612.68 EHR</b>

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
Younger : a breakthrough program to ... turn back the clock 10 years	613.043 GOT
The Real Age Makeover: Take Years Off Your Looks and Add Them to Your Life	613.043 ROI
Primal fat burner : live longer, slow aging, super-power your brain ...	613.2 GED
You Staying Young: the Owner's Manual for Extending Your Warranty	613.2 ROZ
The Longevity Bible: ... Keeping Your Mind Sharp and Your Body Young	613.2 SMA
The longevity diet : ... stem cell activation and regeneration ...	613.26 LON
Your brain on food : how chemicals control your thoughts and feelings	615.78 WEN
Exercise is medicine : how physical activity boosts health and slows aging	615.82 FOR
Forever painless : end chronic pain and reclaim your life in 30 minutes a day	616.047 ESM
The end of memory : a natural history of aging and Alzheimer's	616.8 ING
Keep your brain young : ... including 150 recipes	616.805 SMI
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
The aging of Aquarius : igniting passion & purpose as an elder	646.79 WIL
Ageproof : living longer without running out of money or breaking a hip	650.1 CHA
Age in place : ... decluttering mom and dad's home ...	720.47 SHR
Keep moving : and other tips and truths about aging	791.45 VAN
A story larger than my own : women writers look back on their lives ...	810.9 STO
Old age : a beginner's guide	814.54 KIN

## Online Resources:



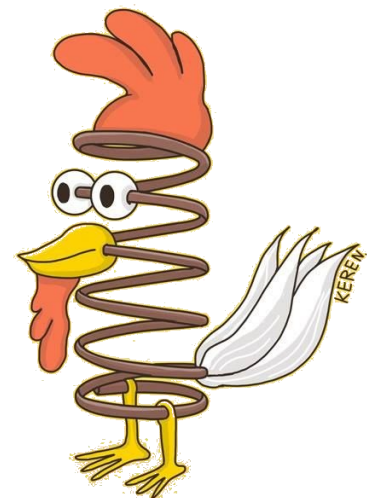
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SPRING CHICKEN