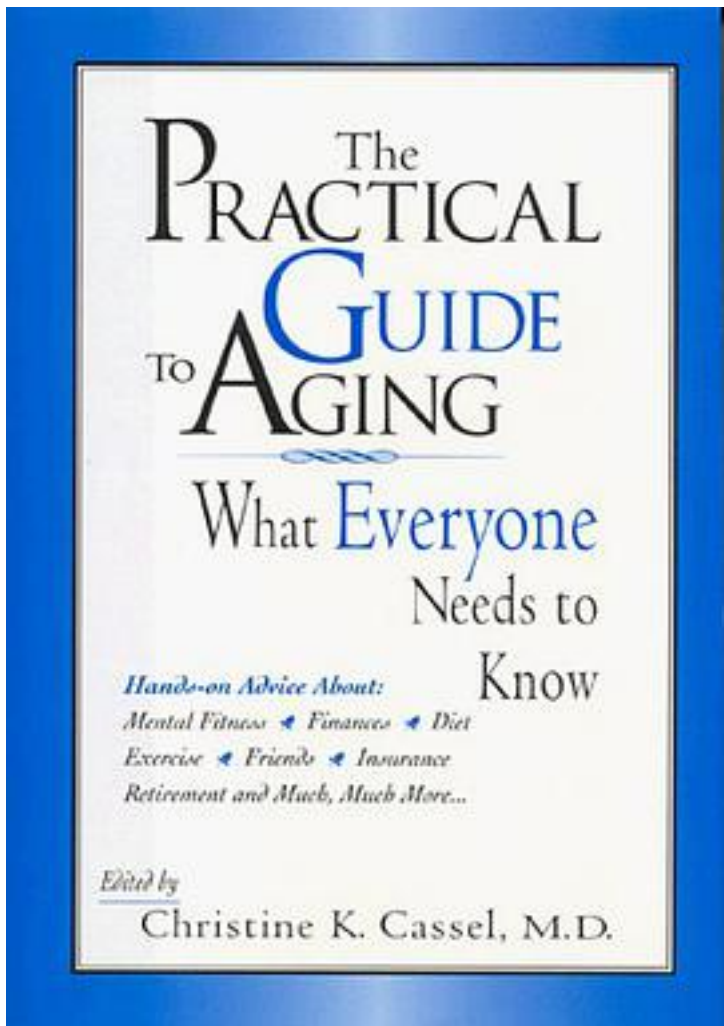


# The Practical Guide to Aging



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著者:Cassel, Christine K.

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One of the most daunting aspects of growing older is the torrent of advice we face

about maintaining our physical health and our mental acuity. Entire books have been written on how to manage finances, how to avoid falls, how to care for aging parents. Yet, too often, the advice offered is overwhelmingly complicated or diffuse and difficult to locate precisely when it is needed most. In this comprehensive reference, authorities in their respective fields discuss topics such as the normal processes of aging, how laws affect the elderly, what forms of exercise are most beneficial at various stages of life, family issues, and more. Informative charts and graphs supplement the concise, accessible chapters, which are followed by a comprehensive listing of major national and regional organizations serving the elderly. Ideal as an upbeat, forward-looking gift or as a personal resource, The Practical Guide to Aging is a user-friendly book for young and old, a helpful guide regardless of age or circumstance.

作者介绍:

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