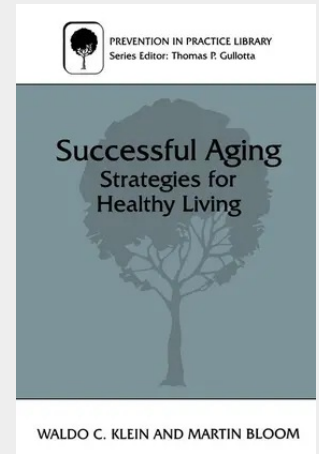


Successful Aging

Strategies for Healthy Living

There is a near-universal folk saying that everyone wishes to live a good long life, but no one wishes for old age. More contemporarily, the rock and roll band, Little Feat, sang, "You know that you're over the hill when your mind's making promises your body can't fill." This book is about the good long life. It is a book about primary prevention strategies in the aging process; it is not about preventing that process. It is not about being old. Instead, it is about the things that individuals - and the helping professionals who provide them with counsel and assistance - can do to prevent the preventable problems of advancing age, and to better manage those changes in functioning that cannot be prevented. In short, it is about extending all our capacities to the fullest so that we can better keep all those promises that we make to ourselves and others. Aging is a life-long process. We focus here on the changes that are taking place in our selves and in our society as we age. In particular, we focus on what we can do to affect these changes by the choices we make and how we live. This book offers primary prevention strategies for mature and older adults, with the recognition that mature adulthood starts as soon as we are old enough to truly appreciate our active role in our own aging processes.

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106,99 €

99,99 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780306456640

Medium: Buch

ISBN: 978-0-306-45664-0

Verlag: Humana

Erscheinungstermin: 30.09.1997

Sprache(n): Englisch

Auflage: 1997

Serie: Prevention in Practice Library

Produktform: Gebunden

Gewicht: 1100 g

Seiten: 212

Format (B x H): 160 x 241 mm

