

## Read About Vital Aging

Periodically specific books will be reviewed by SVAN members and presented on this page for your information.

### ***Age Power: How the 21<sup>st</sup> Century Will be Ruled by the New Old*** by Ken Dychtwald

Ken Dychtwald is a gerontologist who has done extensive research and writing on aging especially the impact of aging boomers and the implications of this generation on our society. Age Power addresses the value of making informed choices early in life rather waiting for a crisis to force decisions. The author addresses the impact on health care, economics, education and business of the "New Old" who he demonstrates will rule. The book is full of suggestions on how to maneuver through aging. An easy book to read you will find it a life time reference as you age.

### ***Just Say No to Aging*** by Dr. Arlene Bradley Levine & Barry Levine.

"Nitric Oxide is the most important molecule in the body," according to researchers. The authors open the book with 14+pages on cells' functions which might turn away the lay reader, but it is clear now how reading the section improves understanding of the impact of our behaviors and habits. The book is designed to allow the reader to pick up information on specific topics - and there is a lot of good information.

### ***Vital Aging: Seven Years of Building Community and Enhancing Health*** by Sara S. Wolff

Psychologist Sara Wolff decided to start a Vital Aging group when she was addressing a few of the age related complaints she was hearing from the older women she was seeing while on the staff of a mental health unit in Amherst, MA. Ms. Wolff was scheduled to meet with the women for six weeks. Members of the group ranged in age from 64 (Sara Wolff) to 88. This book explains how the Vital Aging Group lasted for seven years outside of the hospital setting, exploring the emotional and physical realities of aging – a real journey experienced by women we can all identify with.

## **BOOKS – NON-FICTION**

**The following list of books is provided for your information, but they have not necessarily been reviewed by SVAN members.**

**Bull, Arnold**

Longevity in Action: How to Feel Young and Energetic at Any Age

**Carter, Jimmy**

The Virtues of Aging

**Cohen, Gene D. MD**

The Creative Age: Awakening Human Potential in the Second Half of Life

**Corbett, David**

Portfolio Life: The New Path to Work, Purpose, and Passion After 50

**Crest, Mason**

Mayo Clinic on Healthy Aging

**Dychtwald, Ken**

Age Power: How the 21st Century Will Be Ruled By the New Old

Age Wave: How the Most Important Trend of Our Time Will Change Your Future

**Eckford, Leslie, et al**

Beating the Senior Blues: How to Feel Better and Enjoy Life Again

**Freedman, Marc**

Encore: Finding Work That Matters in the Second Half of Life

Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America

**Levine, Robert, MD**

Aging with Attitude: Growing Older with Dignity and Vitality

**Lipschitz, David, MD**

Breaking the Rules of Aging

**Malone, Gracie**

Still Making Waves: Creating a Splash in Midlife & Beyond

**McCullough, Dennis, MD**

My Mother, Your Mother: Embracing "Slow Medicine," The Compassionate Approach to Caring for Your Loved Ones

**McGuire, Francis, et al**

Therapeutic Humor with the Elderly

**McQuade, Walter, et al**

The Longevity Factor: A Revolutionary New System for Prolonging Your Life

**Murphy, Bob**

Baby Boomers' Guide to Healthy Aging

**Nuland, Sherwin, MD**

The Art of Aging: A Doctor's Prescription for Well-Being

**Rosenblatt, Roger**

Rules for Aging: Resist Normal Impulses, Live longer, Attain Perfection

**Saussy, Carroll**

The Art of Growing Old: A Guide to Faithful Aging

**Schacter-Shalomi, ZalmaFrom**

Age-ing to Sage-ing: A Profound New Vision of Growing Older

**Scott, Willard**

The Older the Fiddler, the Better the Tune

**Snowdon, David**

Aging with Grace: What the Nun Study Teaches Us.....

**Thomas, William, MD**

In the Arms of Elders: A Parable of Wise Leadership and Community Building

**Thornton, Carolyn**

Gray For Everything There Is a Season: View from Middle Age Plus

**Trafford, Abigail**

My Time: Making the Most of the Rest of Your Life

**Zoglio, Suzanne**

Create a Life that Tickles Your Soul: Finding Peace, Passion and Purpose in Midlife