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(Life Insomnia and Seniors,  
Sleepfoundation.org, 9/28/20) .

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George E. Vaillant, MD. New York:

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Life Little, Brown & Co., 2002. Pp.  
273- \$14.99 ISBN 0-316-09007-7.  
Pb. Reviewed by Kathryn R. Ward  
and Geoffrey W. Sutton (Evangel  
University/Springfield, MO). What  
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Life Development. Aging Well. :  
George E. Vaillant. Little, Brown,  
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I can pray and follow their example. They taught me to pray for all things and believe nothing is impossible with God. When I was hospitalized as an eight-year-old with a kidney ...

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At a time when people are living



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**Life** into their tenth decade, the longest longitudinal study of human development ever undertaken offers welcome news for old age: our lives evolve in our later years and often become more fulfilling. Among the surprising findings: people who do

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Between 1939 and 1942, one of America's leading universities recruited 268 of its healthiest and most promising undergraduates

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**Life** to participate in a revolutionary new study of the human life cycle. George Vaillant, director of this study, took the measure of the Grant Study men. The result was the compelling, provocative classic, *Adaptation to Life*, which poses fundamental questions

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**Life** about the individual differences in confronting life's stresses.

Argues "that individual lifestyle choices play a greater role than genetics, wealth, race, or other factors in determining how happy people are in later life"--Back

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This book examines what causes aging. It describes the influence of aging on the structure and function of each body part, and it explains what impacts the elderly, including health care, diet,

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**Life** exercise, infections, cancer, pills, addictions, sleep, and money. The book advises how to stay healthy at home, how to select a nursing home, and, finally, how to cope with declining health, dying, and death. It is comprehensive yet concise and presents a clear

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**Life** understanding of aging with new information useful for everyone interested in the care of older people.

This book is a refreshingly honest self-help guide to aging well. It encourages readers to dispel

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life or overcome denial around the subject of aging and offers advice in a realistic, non-prescriptive format. Practical yet personable, chapters move through pertinent topics such as making the decision to retire and successfully navigating that



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Life transition; designing daily routines (your practice) and engaging in activities (your projects); connecting with others as relationships shift and evolve; and managing moods and emotional issues. The guide also supports readers coping with

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**Life** illness or injury, experiencing loss and grief, and those searching for meaning as they grow older.

Written in a conversational style, An Essential Guide to Aging Well motivates its readers to be curious about this time of life, and to design the best possible

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Life version of it for themselves.

'You become what you see. What you see determines what you believe - and the most powerful way of inspiring people is with images. My goal with AndBloom is to motivate women to embrace

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Life without fear. To provide examples of women between the age of 40 and, currently, 100, so that any woman can open this book and see themselves recognized.' Denise Boomkens launched the AndBloom project on Instagram in 2018, to create a

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**L**ife is a happy place for women over 40' - a community where women can be themselves and where aging is celebrated instead of feared. In this, her first book, she shares her own experiences of aging and brings together portraits and interviews with more than 100

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**Life** extraordinary 'ordinary' women to create both a gloriously illustrated celebration of female beauty over 40 and an empowering handbook to aging happily.

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