Lending Library

Aging

50 Secrets of the World’s Longest Living People Sally Beare
A global approach to eating and living that offers time-proven methods for attaining a longer, healthier, more vibrant life.

The Adult Years, Mastering The Art of Self-Renewal Frederic M. Hudson
An inspiring look at adulthood as an opportunity for continual revitalization, reorientation, and positive change.

Healthy Aging Andrew Weil, M.D.
This book gives an inspiring look at adulthood as an opportunity for continual revitalization, reorientation, and positive change.

Informed Advantage George J. Pfeiffer, Judith A. Webster
A resource guide for health aging.

Living Well James F. Fries, M.D.
This book will help anyone going through a difficult time to feel more calm and better able to deal with life’s twists and turns. (Large Print)

Real Age Michael F. Roizen, M.D.
Discover how to understand the aging process. Get involved with activities or work and cope with a health crisis.

What About The BIG Stuff? Richard Carlson, Ph.D.
Written to help anyone going through a difficult time to feel more calm and better able to deal with life’s twists and turns.

You: Staying Young Michael F. Roizen, M.D., and Mehmet C. Oz, M.D.
Staying Young: The Owner’s Manual for Extending Your Warranty shows you how to beat the seemingly inevitable decline of your system as you age.

Younger Next Year Chris Crowley and Henry S. Lodge, M.D.
Through this best selling program, you’ll discover how to put off 70% of the normal problems of aging - weakness, sore joints, bad balance - and eliminate 50% of serious illness and injury.

Younger Next Year for Women Chris Crowley and Henry S. Lodge, M.D.
Smart women don't grow older. They grow younger. This book shows you how to become functionally younger for the next five years to ten years, and how to continue to live thereafter with newfound vitality.

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