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Titolo	Winning strategies for successful aging // Eric Pfeiffer
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ISBN	0-300-18541-3 1-283-90649-X 0-300-18402-6
Descrizione fisica	1 online resource (192 p.)
Collana	Yale University Press health & wellness
Disciplina	613/.0438
Soggetti	Older people - Mental health Older people - Health and hygiene Self-care, Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Front matter -- Contents -- Foreword -- Introduction -- 1. You Have a Whole Generation of Life Left to Live-Prepare Accordingly -- 2. Understand What Successful Aging Is, and Then Plan to Do It -- 3. Choose Your Ideal Place to Live -- 4. Know Who You Are-and Do Something -- 5. Make Your Relationships and Social Life a High Priority -- 6. Insist on Good Health-Everything Else Depends on it -- 7. Stay Mentally Healthy -- 8. Care for Your Brain to Keep Your Memory Sharp -- 9. Hold on to Your Money So You Don't Outlive It -- 10. Exercise Every Day, and Make It Fun -- 11. Protect Your Independence -- 12. Embrace Your Inner, Spiritual Self -- 13. Maintain Your Sexual Life -- 14. Give Charitably, and Reap the Rewards -- 15. Plan for a Good Good-Bye -- 16. Know These Secrets of Successful Living -- Appendix: A to Z Nuggets of Information -- List of Resources -- Afterword -- Index -- About the Author
Sommario/riassunto	For anyone who is approaching a 65th birthday with trepidation, this valuable book offers heartening advice on navigating the later years of life. Dr. Eric Pfeiffer, who for thirty years has cared for-and learned from-elderly people, addresses with compassion and deep understanding the multitude of issues that arise for aging individuals

and their families. He writes authoritatively but in a conversational tone. His advice is easy to read, easy to follow, and full of wisdom. In short, practical chapters, Dr. Pfeiffer advises on choosing an ideal place to live, finding a range of satisfying activities, and maintaining an active social life. He also explains how best to maintain one's health, mental health, wealth, and independence. Other chapters explore the importance of a spiritual life and the value of maintaining an active sexual life. In addition, the author speaks to the value of charitable giving and describes how it is possible to prepare for a good good-bye to life. Filled with illustrative anecdotes and enhanced with a lovely selection of poems, this reassuring book demonstrates how it is possible to direct and control the aging experience. For every person approaching retirement years, and for their friends and families, the book is an excellent resource and a practical guide.
