

"ONE OF THE MOST INNOVATIVE EFFORTS TO ANSWER  
QUESTIONS ABOUT WHO GETS ALZHEIMER'S DISEASE AND WHY."  
—*The New York Times*

# *Aging with* GRACE

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What the  
Nun Study  
Teaches Us  
About  
Leading Longer,  
Healthier, and  
More  
Meaningful Lives

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DAVID SNOWDON, PH.D.

David Snowdon

## Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives



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In 1986 Dr. David Snowdon, one of the globe's leading experts on Alzheimer's. Why preventing strokes and major depression is paramount to avoiding Alzheimer's. How attitude, faith, and community can truly add years to your lives. A prescription for wish, Aging with Grace shows that later years doesn't. Dubbed the "Nun Study" ranging in age from 74 to 106—s. It is the inspiring human tale of the remarkable women— because it involves a unique people of 678 Catholic sisters, this exceptional long-term research study has produced headlines worldwide with its provocative discoveries. whose dedication to serving others can help all of us live longer and healthier lives. a time of true grace. Why building linguistic capability in childhood may protect against Alzheimer's. Yet Ageing with Grace is more than a groundbreaking health insurance and science reserve. s's disease, embarked on a revolutionary scientific study that could forever change the way we view aging— Which common foods promote longevity and healthy brain function. What part heredity plays, and just why it's never too late to start out an exercise plan. and ultimately living. t have to mean an inevitable slide into illness and disability; rather it can be a time of promise and efficiency, intellectual and spiritual vigor—Totally accessible, with fascinating portraits of the nuns and the scientists who study them, Aging with Grace also offers a wealth of practical findings:•



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An interesting research of Alzheimer's and aging which might benefit women and health. In my own younger years this book (*Aging with Grace: What the Nun research teaches us about leading much longer, healthier and more meaningful lives* by David Snowden, Ph.D.) This book is organized into 12 interesting and informative chapters. It offers important elements beyond science that seem to lead to successful aging. We are more aware of our own mortality. This study (the "Nun Research.") was only available in 1986 involving 678 Catholic sisters. Additionally there is information regarding the Nun research and the institution, Sisters of Notre Dame. Not so much technical vocabulary that someone not in the areas discussed couldn't understand/maintain up. For me, this research project is most likely more relevant for women because only nuns were studied. Like the individual stories Very readable; It displays clearly that the symptoms of Alzheimer's are not merely an immutable result of your genetic heritage but also of how you've lived your life. Dr. Snowden blends grace with neuro and public research." The need for preventing strokes and depression can be essential in combating Alzheimer's.) would have never been gone through by me. They include the following: the street to good counsel hill, the last nun standing, gray matters, the great gift, an account of two sisters, amazing brains, one with what, family ties, the center of the matter, our day to day bread, up and grateful and the hundred-year marathon. The nun's ages ranged from 75 to 106 years old. In case you are interested in studying aging issues and the Nun Research this review is for you. Phyllis Personnel, Ph. Joseph J. Not only are the test subjects nuns, nonetheless it gives you a whole other meaning of advancing your education, and not limiting you to ultimately knowledge. Important Case Study Purchased this book since it was necessary for a gerontology graduate training course, but the course hasn't even started yet & Great Discussion Book Book came in excellent condition. I must say I, really enjoyed it. It centered on scientific study into Alzheimer's and aging. The more specialized parts, such as human brain anatomy, are described in a non-condescending way therefore the reader can comprehend the entire story while also taking away new latent knowledge. Well worth reading! This is an excellent overview of the Nun Research, its process and results.. However, sliding into old age has a way of changing the way we look at life and death. Very readable! It uncovered a relationship between "early high linguistic ability in early existence seems to safeguard against Alzheimer's. This will be needed reading for each college humanities pupil to challenge and prevent ageism. so far no dislikes Positive view of aging Well crafted, warm, narrative along with good information. Thank you both for peer-examined publications and this lay publication that respects neuropsychology with positive maturing information. My review and enthusiasm is recorded as the title. Transfer it here. I recommend this book to provide information and combat ageism. I was very inspired by his function and grateful to the nuns who participated... but I enjoyed it so very much that I have made a decision to keep . This review was so helpful yet A lot more interesting than most journal articles and understandable for anybody and everyone! Snowden managed to take a very study and make it very exciting, understandable and provided it an individual side. An excellent read! I have also suggested it to many people facing Alzheimer's or, better, with relatives who've it. Dr. Optimistic ? Overflowing with Joy and Hope Ever since my father's analysis of Alzheimer's disease, I've concerned about the little points I forget. If you're really interested in psychology and the developing mind into older adulthood, that is a good read. This book gave me hope - plenty of it! The results of this study revealed information that is still being evaluated today. Reading about the nun who, in spite of a brain riddled with tangles and plaques, just like the Energizer Bunny, kept on going and going, provided me plenty to hope for. Positive view of ageing and community. Theirs can be a joyful tale and a remarkable read. Don't miss it. Six Stars! Rating: 4 Stars. D. author, "How to Find

Great Senior Housing"and"128 Ways to Prevent Alzheimer's and Various other Dementias" Lots of very good details too with tips about what you should be . It offers insights into Alzheimer's and other dementias in addition to hope for the overall process of aging. Five Stars Don't recall this. This book is indeed well crafted and readable. He weaves the tale of his research study around the lives of particular nuns who illustrate this issue of that chapter. A pleasant read Dr. Plenty of very good details too with recommendations on what you ought to be doing throughout your lifestyle and into your golden years to be able to live a long, productive live with most of your mental faculties. Snowden's Research and study is the starting place to the trip of curing Alzheimer's Disease.. AWESOME Publication! I gave this book as gifts to my mom, my aunt, my friend and I forget who else.!! AWESOME BOOK!! I had to read this for college, but We enjoyed it so very much that I have decided to keep it. If your're into ageism on some level . Five Stars In the event that you follow Jesus, it will lengthen your daily life and add to the quality of it. I wonder if they conducted a study of a group of monks or priests what the outcomes would be? just like the individual tales. I'll ask my neuropsychology college students to learn it and incorporate the 100 % pure neuroscience into the compassion and knowledge of the whole person.Caring, kindness, like, service - all are integral to the city of nuns. and I have to say it had been actually an excellent read. It's a remarkable, concise book on a unique topic.. His commitment and compassion sometimes appears throughout the book. Read this publication for my Individual Lifespan and Development course, and I must say it had been actually a good read. If your're into ageism on some level or geriatrics period, yo will enjoy this book. Truncale (Author: Haiku Moments: How to read, write and enjoy haiku). Understanding is power!. I've currently read this book. Under no circumstances mind that I've been just a little absentminded, I fretted about whether I received the dreaded APOE-4 gene in the genetic package he bequeathed me. An amazing story Somewhat dated and even more narrative than analysis science. Nevertheless, a moving and inspiring tale about wonderful women dealing with compassionate and cautious researchers. The Nun Study is a well-designed investigation producing valuable results from which we can all plot a training course for ourselves and loved ones to boost our aging selves.



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