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# *Aging with* GRACE

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



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 epidemiologist Dr. David Snowdon embarked on a innovative scientific study that would forever change just how we view aging and old age. Yet *Aging With Grace* is more than a groundbreaking health insurance and hard-science book. and how exactly we can do therefore with grace. because it involves a unique population of 678 Catholic sisters, this exceptional long-term research project continues to be today at the forefront of some of the world's most significant analysis on ageing. This remarkable book by one of the world's leading experts on Alzheimer's disease combines fascinating high-tech research on the brain with the heartfelt story of the aging nuns who are teaching scientists how exactly we get old —Nun Study" These shiny, articulate, and altruistic women have much to teach us about how exactly faith, wisdom, and spirituality can influence the distance and quality of our lives. Dubbed the "It's the tale of an altar boy who grew up to be a scientist studying the consequences of ageing on nuns. We also follow Dr. Ranging in age group from 75 to 104, these remarkable females possess allowed Dr. Snowdon usage of their medical and personal records — and they have agreed to donate their brains upon death. In *Aging With Grace*, we accompany Dr. Chevy" Snowdon on his loving visits to nuns like Sister Clarissa, who at the age of 90 drives around the convent in a motorized cart she phone calls her " rather, it's rather a time of promise and efficiency, intellectual and spiritual vigor, and continuing freedom from disease. Then there is 104-year-old Sister Matthia, who until her death in 1998 knitted two pairs of mittens a day and prayed each night for each of the four thousand students she taught through the years. The Nun Study's findings are already helping researchers unlock the secrets to living a longer, healthier life. It's the poignant and inspiring tales of the nuns themselves. Snowdon into the lab as he and his co-workers race to decode probably the most devastating illnesses recognized to humanity. We discover:

- \* Why high linguistic ability in early life seems to drive back Alzheimer's
- \* Which normal foods in the dietary plan defend the mind against aging
- \* Why stopping strokes and despair is key to avoiding dementia
- \* Why it's never too late to start a fitness program
- \* What part heredity plays, and how life-style can increase our probabilities for a mentally vital old age group
- \* How intangibles like community and faith help us age group with grace

Both cutting-edge technology and a personal prescription for hope, *Aging With Grace* displays how old age doesn't have to mean an unavoidable slide into disease and disability; and knows mainly because much about baseball mainly because any die-hard lover a third her age.



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An interesting research of Alzheimer's and aging which may benefit women and wellness. (D.) could have hardly ever been examined by me. There is usually a joyful tale and a remarkable read. This is an excellent summary of the Nun Research, its process and results. Just like the individual stories. Very readable; If you're really thinking about psychology and the developing mind into older adulthood, this is an excellent read. It focused on scientific analysis into Alzheimer's and aging. A pleasant read Dr. I question if they conducted a report of a group of monks or priests what the results will be? The results of this study revealed information that is still being evaluated today. It discovered a relationship between "early high linguistic ability in early existence seems to drive back Alzheimer's. If you're into ageism on some level. This book is organized into 12 interesting and informative chapters. They include the following: the street to great counsel hill, the last nun standing up, gray matters, the fantastic gift, an account of two sisters, amazing brains, one with the words, family ties, the center of the matter, our daily bread, up and grateful and the hundred-year marathon. but I enjoyed it so much that I have decided to keep it. I must say I truly enjoyed it! Dr. just like the individual stories. Important Case Study Purchased this book because it was necessary for a gerontology graduate course, however the course hasn't sometimes started yet & I've currently read this book. If you are interested in studying aging issues and the Nun Study this reserve is for you. AWESOME BOOK! Nevertheless, a shifting and inspiring story about wonderful women working with compassionate and careful experts. Well worth reading! We are more aware of our very own mortality. It includes insights into Alzheimer's and other dementias and also hope for the overall procedure for aging. I was extremely inspired by his work and grateful to the nuns who participated. Very readable! Dr Snowden blends grace with neuro and sociable research. This publication was so helpful and yet A lot more interesting than most journal articles and understandable for anybody and everyone! My review and enthusiasm is documented as the title. Thank you both for peer-reviewed publications which lay publication that respects neuropsychology with positive maturing information. I will ask my neuropsychology college students to read it and incorporate the natural neuroscience in to the compassion and knowledge of the complete person. D. author, "How to Find Great Senior Housing" and "128 Ways to Prevent Alzheimer's and Other Dementias" Plenty of very good info too with tips about what you ought to be. Not really much technical language that somebody not in the areas discussed couldn't understand/maintain up. AWESOME BOOK!! In my 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. Joseph J. Snowden managed to take a super study and make it very exciting, understandable and offered it a personal aspect. I gave this book as gifts to my mom, my aunt, my pal and I forget who else. Read this book for my Individual Lifespan and Development training course, and I must say it had been actually a good read. This should be needed reading for every college humanities student to challenge and prevent ageism. Optimistic? Filled with Joy and Hope Since my father's medical diagnosis of Alzheimer's disease, I've worried about the tiny things I forget. 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. This book gave me hope - lots of it! It displays clearly that the symptoms of Alzheimer's aren't merely an immutable result of your genetic heritage but also of how you've lived your life. Reading about the nun who, regardless of a human brain riddled with tangles and plaques, like the Energizer Bunny, continued going and going, offered me plenty to hope for. Caring, kindness, love, services - each is integral to the city of nuns. Nevertheless, sliding into later years has a method of changing the way we look at existence

and death. Don't miss it. 6 Stars! Phyllis Staff, Ph. Transfer it right here. I highly recommend this book to provide information and combat ageism... This book is indeed well crafted and readable. He weaves the story of his research study around the lives of particular nuns who illustrate the topic of that chapter. Plenty of very good information too with recommendations on what you should be doing throughout your life and into your golden years in order to live a long, productive life with most of your mental faculties. For me, this research task is most likely more relevant for females because only nuns were studied. Snowdon's Research and study is the starting point to the trip of curing Alzheimer's Disease. I had to learn this for school, but We enjoyed it so much that I have made a decision to keep it. It gives key elements beyond technology that seem to make for successful aging. A great read! Ranking: 4 Stars. Additionally there is information regarding the Nun research and the institution, Sisters of Notre Dame... His dedication and compassion sometimes appears through the entire book. It's a fascinating, concise book on an unusual topic. Five Stars If you follow Jesus, it will lengthen your daily life and enhance the quality of it. This study (the "Nun Research. Truncate (Author: Haiku Moments: How exactly to read, write and enjoy haiku). up to now no dislikes Positive view of aging Well crafted, warm, narrative in addition to good information. Knowledge is power! and I must say it had been actually an excellent read." The need for preventing strokes and depression can be vital in combating Alzheimer's. The nun's age groups ranged from 75 to 106 year old.. I have also suggested it to many people facing Alzheimer's or, better, with relatives who have it. If your're into ageism on some level or geriatrics period, you will love this book. Not only are the test subjects nuns, nonetheless it gives you a complete other meaning of advancing your education, rather than limiting you to ultimately knowledge. Positive view of maturing and community. Five Stars Don't recall this. Great Discussion Book Publication came in excellent condition.") were only available in 1986 involving 678 Catholic sisters. An amazing story Somewhat dated and even more narrative than research science. The more technical parts, such as brain anatomy, are explained in a non-condescending way so the reader can comprehend the full story while also removing new latent understanding. The Nun Research is a well-designed investigation making valuable results that we are able to all plot a course for ourselves and loved ones to boost our aging selves.



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