

"Beautifully written.... Marc Agronin's daily work is the Art of medicine at its finest, and his descriptive powers are a gift to readers." —Sherwin B. Nuland, MD, author of *How We Die*

How We Age



A DOCTOR'S JOURNEY INTO
THE HEART OF GROWING OLD

MARC E. AGRONIN, MD

Marc Agronin

How We Age



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Marc Agronin writes luminously of life as he sees it as a health care provider. Drawing on shifting personal experiences--those of his individuals and their families, along with his own--and on in-depth interviews with pioneers in the field, Agronin conjures an unforgettable look at what ageing means today: how our bodies and brains switch over period—and how even the very way we understand aging is changing too. His beat? A nursing home in Miami.



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Excellent look at the mind as we age. Overall, it really is clear the author enjoys his use of old people.. Dr Marc Agronin, who specialises in geriatric psychology in Miami, has written a memoir about his medical practice. Component 4: Wisdom. This is simply not a "how-to" book, providing exercises that may postpone the arrival of aging, but instead a look at how aging proceeds in the mind and how caregivers and doctors can best care for the aged, who are, of course, our parents, our siblings, our friends, and, eventually, ourselves. Dr Agronin's reserve is also a loving testimony to his family. What appears prevalent though, is the assumption of dementia often results in seniors not really being paid attention to. If we take care of our health and so are one of the lucky ones never to have problems with Alzheimer's or various other dementia's it is yet another stage of life. And with others, Dr Agronin has helped to ease what are the psychological pains of ageing - the remembrances which have been locked into their minds for several years. is everything you bring to it. Her mind, almost totally closed by Alzheimer's, experienced retained that tune and that link with a much-loved hubby. Aging is quite like death-and-taxes, a part of life. Marc Agronin is certainly a third-generation doctor and he writes that the thoughts he shared of his grandfather have got helped him to be able to feel the compassion he will for his elderly individuals. Dr. A very good reserve, written for the lay person. One more thing the writer illustrated in a few stories, is that occasionally dementia in elderly patients is normally drug or illness related and sometimes reversible. In one case cited by Dr Agronin, a music therapist worked well through uncommunicative woman's only method of communication - verbal "clicks" - to discover that she was "clicking" to a tune that she and her past due husband had adored. I was drawn to the book after having provided some degree of caregiving for my husband's and my parents. I extremely valued the type of focused interest that Dr Agronin experienced when treating his patients along with the affection for many of these that he showed. Nonetheless it is more the encounters of a health care provider of psychiatry that works together with the aged. But, this is not a bad thing. Just unique of I expected. I think when I was young, I thought that the elderly appeared at me in my youth with envy. Taking into consideration some of these items are genetic, you can see how this could be anticipated. Part 3 discusses memory in old age. It's a little book, with many brief chapters of personal anecdotes, about how the mind ages and how different sorts of dementia, including Alzheimer's, could be treated. Part 5 some lessons learned. I understand it sounds similar to what I said it wasn't. However I felt it experienced a far more philosophical bent to it. What I really like about this book, may be the enjoyment of reading about the many people that have touched this doctor's lifestyle. From his ageing grandfather, to his patients. I found it interesting how he commented that people type our impressions of ageing based on the people who were aged when we grew up. If our elders gracefully aged, it experienced no dread or dread, but if dementia or loss of services were our experience, then aging, was something to dread. He is "interested solely in truthfully exploring the knowledge of old age through the lives of his individuals" Part 1 of the publication covers the aging process generally Part 2 more specifically through some memorable individuals.. And as additional reviewers mention, "hope" can be an important part of growing older. I am looking towards its sequel. His mission he says, is to "provide a more balanced perspective on aging". However as I get older and look at young people, it is not with envy but familiarity and in some ways relief simply because that time is over. It really is this kind of perspective (though, the idea prior is my own) this author is trying to emphasize. What a wonderful book of understanding for the aged. Oftentimes, using new diagnoses and medication, Dr Agronin and his staff, have been in a position to help many patients who he has treated. Mind you the end stage, but there is absolutely no staying away from it if we are lucky.

Aging; Three Stars fair but too much level comprehensive and language. It is not hard to think about this might happen more often than we think. We're all ageing but Dr Agronin writes about good ways to adjust to the procedure in ourselves and our loved ones. I question if this era of baby boomers that are actually aging allows it, since they have previously changed the globe once currently. This book will not let you rest on your own aging assumptions and I'm pleased to say after scanning this book, the outlook is not all bleak. Helped seem sensible of some of the things we have seen while volunteering with the elderly. Well written 9. The book is well written and provides you an beneficial outlook of death and how exactly we all need to prepare for it. A beautiful book As I move the threshold of 65, and begin to think of retirement, I find it easy to hesitate of what is to come, also to be depressed to realize that most of my life is done. More doors are closed, fewer remain open. He also cites additional experts in his field, including Erik and Joan Erikson and Sophia Freud, with whom he spent some time working and studied. Agronin's stories of the women and men he has treated possess opened my eyes to the potential before me. HOW WE Age group was enlightening for this aging female, and made me wish so much that I could look for a kind and outstanding doctor like Marc Agronin. Agronins beautiful portrait of how exactly we remain human Dr. Again, a lovely book. Agronins beautiful portrait of how we remain human being, resilient, able to love and live, and withhold the mystery and beauty of our humanity also through the finish of our lives. It is a heartening portrait that also within their frailty, our elders lives contain great meaning and wish. Aging is something we all face. The mental and emotional areas of aging are explored with great sympathy and understanding. Old age might not be for sissies, but existence has given us the tools to continue to live meaningful lives, if we enable ourselves to open our hearts and minds. I recommend this book, and I am moving it along to others to enjoy. helpful look at aging An excellent analysis of aging--both the theory/characteristics/explanations and the illustrations. This book wasn't quite what I expected. Good book for those who volunteer with the elderly Perfectly written. I was thinking that it will be about the elements of maturing, from physiology to psychology. The book was logically divided into readable chapters and very well written. So most of us appear at age group from a youth perspective and do not consider our perspective changes aswell. Aging for Dummies Will make you want to take better treatment of yourself. I know when I read my Mom's medicine inserts, a good 4-5 of them can cause altered states. Altho not a Florida resident, because my mom and step-father lived in St Pete, I appreciated most of the Gulf area details. However the author also pointed out the need to sustain your wellness before you are a senior, is one of the best methods to work toward a more pleasant end stage of existence. He does bring to to light many subjects we all dread.



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