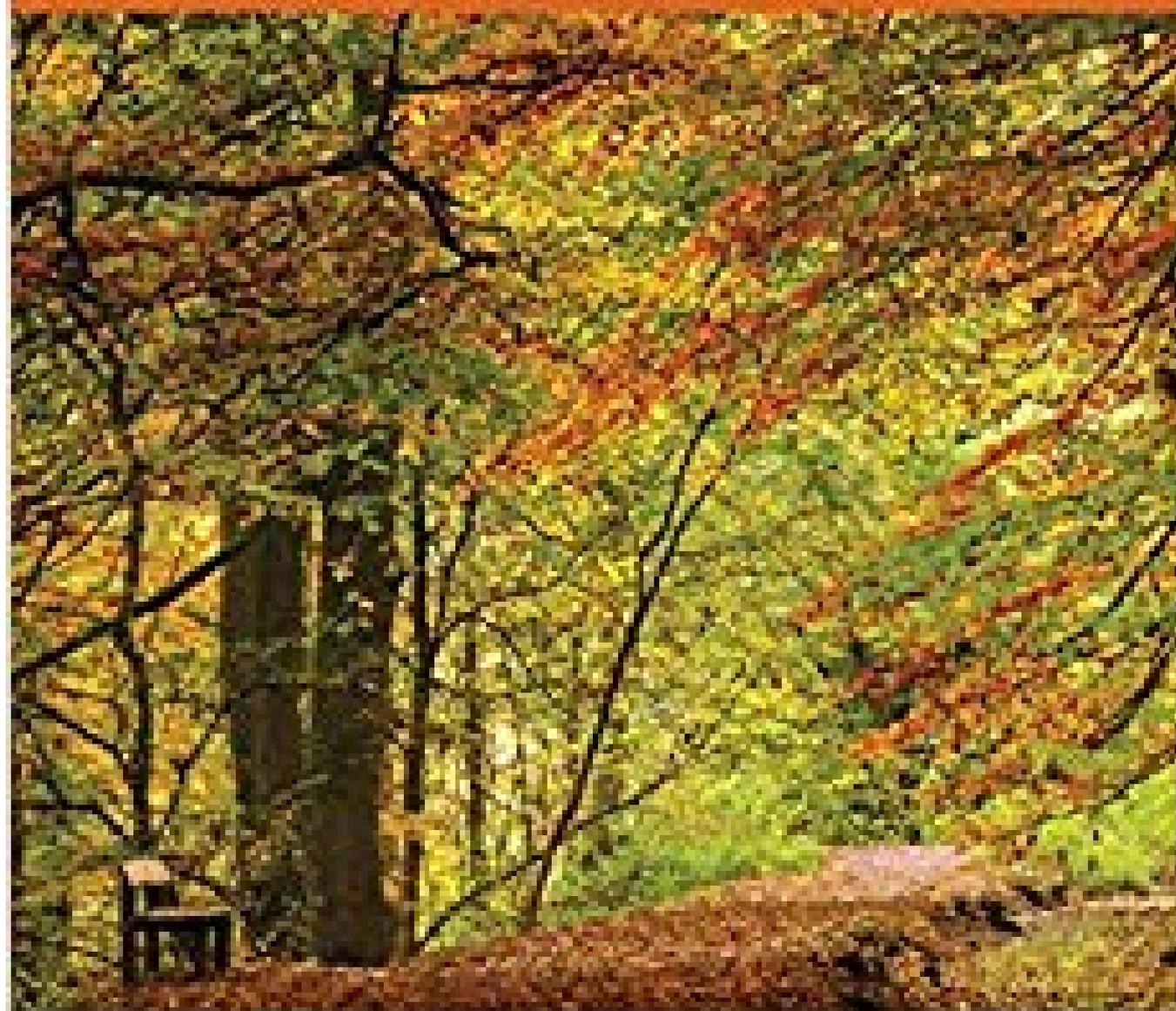


# Aging Wisely...

Wisdom of our Elders

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*Irving Silverman and*

**Aging Wisely... Wisdom of Our Elders**



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Aging Wisely... Wisdom of the Elders is a distinctive resource that reflects the ideas, views and encounters of a diverse band of older persons. Each chapter presents an aspect of maturing including a discussion of physical changes, psychological losses, financials, as well as what contributes to satisfaction and joy in old age and what may aid older adults as they continue to age. Target audience- This text is suitable for anybody working or looking after the elderly in addition to a valuable resource for undergraduate courses centered on:- Pension and Living Communities- Psychology of Aging- Aging and Society/Public Gerontology - Long Term Care Administration- Intro to Gerontology\*Also a very important resource for occupants and staff members of acute and non-acute care services. Additionally, there are unique perspectives provided by faculty people and graduate students type the William James College of Psychology in addition to a foreword by Stephen Colwell, Executive Director of NewBridge senior living community. Each story provides a exclusive perspective on the physical, emotional, and social areas of growing previous from anyone who has made the trip. Every personal tale closes with "Reflections for the Visitors", a number of questions correlated to the Association for Gerontology in ADVANCED SCHOOLING (AGHE) Core Competencies. Caring professionals, family and friends also come collectively to share their experiences working and looking after the aging population.



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Very good. I would suggest this to anyone 55 and .... I would suggest this to anyone 55 and older or anyone caring for seniors. I am "for the reason that generation" where I look for perspective, humor, and realism. Five Stars Love this publication! I highly recommend this book. Wonderful compilation of superb essays, articles, and poems. I really liked this compilation of essays, thoughts, and a few poems. . Sage advise through the entire book. It's all in there. So very much to digest! The scholarship and depth of subject material impressed me. Very good.. It really is never too early to learn how to age wisely. Many people will believe this reserve is for someone 50 and older. Not true! As a 21 calendar year old I gained an exponential amount of wisdom from the webpages of Aging Wisely. this for one of my classes in university and loved every web page of it I go through this for one of my classes in college and loved every web page of it!



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