


A Johns Hopkins Press Health Book



**A MAN'S GUIDE TO
HEALTHY
AGING**

STAY SMART, STRONG, AND ACTIVE

EDWARD H. THOMPSON, JR., AND LENARD W. KAYE

Edward H. Thompson Jr. and

A Man's Guide to Healthy Aging: Stay Smart, Strong, and Active (A Johns Hopkins Press Health Book)



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As they reach middle age, most males begin looking forward to "what's next." They gear up to see renewed efficiency and purpose and so are more aware of their health. Kaye, a medical sociologist and a gerontologist and social worker, offer invaluable information in four parts:

- "Managing Our Lives" describes the actions men can take to stay healthful. In collaboration with a number of medical experts, the authors give a comprehensive instruction to healthy aging from a man's perspective.
- Edward H. Refuting the ageist stereotype that guys spend their old age "winding down," this book will help males reinvent themselves once, twice, or even more by handling their health, creating new professions, and contributing their abilities and experiences with their communities.
- Lenard W. A Man's Guideline to Healthy Aging can be an authoritative resource for them, and for old men, as well. Topics include sexual intimacy, friendship, and caregiving, along with how men can make the very best decisions about end-of-life problems for themselves and themselves. It explores sleep, medication and alcohol use, spirituality, and attitudes about appearance and clarifies how most of these factors affect mental health.
- "Body and mind" considers how physical health insurance and mind-set are connected.
- "Bodily Health" examines how body systems function and what changes might occur as men age. It covers your body from check out toe and testimonials how exactly to manage chronic illnesses such as cancer, diabetes, and heart conditions.
- "Living with Others" displays the need for interacting with family and friends. Here is information regarding how exactly to eat well, reduce stress, and stay energetic for better overall health.

Thompson, Jr.



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Very In depth and Interesting Reading Since those folks who would be thinking about such a subject probably think that we know everything, we may discover some content of the reserve obvious and reinforcement from what we already know. However, the authors possess contributors who are specialists in their fields and have noticed a broader spectrum of experiences give their best advice which should become useful in a broad range of topics. One interesting strategy in the reserve is to use bulleted highlights for programs of action or improvements in dealing with various topics and circumstances. With so many health books out there, the issue for potential users of the publication is whether it's much better than other sources? Good! It seemed to be simply where I should start, and I had not been disappointed. Four Stars Informative. Wish to discover more exercise information. Nothing really new General information plus some good tips on food to eat and not to eat. Eye-opening and informative A helpful guidebook that raised my awareness and pushed me to think more carefully approximately the choices I help to make in my life. Five Stars Excellent and comprehensive!3. In case you are getting old, then it is good to know what is happening and have reliable tips on everything you can go to stay healthy or more to par. A Man's Guideline to Healthy Aging incorporates a less traditional strategy than we may presume from a mainstream university press that is commonly associated with biomedical strategies. It offers chapters on staying energetic, eating well, healthful aging, stress, and human relationships. The first section is on "managing daily living," and incorporates wellness. The publication almost 600 web pages and is arranged into four sections, with a sum of 23 chapters. The actual fact that it is released by Johns Hopkins University Press in their Health Book series also may give the reader more reason to trust it. The 3rd section specializes in the "male body," with chapters on the heart, memory, diabetes, sexual health, bones, joints and muscle tissues, teeth, eyes, and cancers. The final section is on "human relationships," with four chapters on sexual intimacy, pension, caregiving, and end-of-life matters. Many of the chapters are co-created with specialists on the relevant topics. It will take a while to get through the entire book, but I am picking topics of current curiosity and look forward to finishing the book in coming weeks. Here are some explanations why this book is worth your time and money:1. It is limited to men and males' healthy and aging problems. There are plenty of books like this targeted to women but very few just for men and none, that I could discover, that are as thorough as A Guy's Guide to Healthful Aging.2. The information in the book is far more comprehensive and useful than what shows up in most other books covering health insurance and aging. It actually has a lot more than many medical or fitness websites with which I am familiar. Five Stars as promised Everything You Need to learn to Age Well Johns Hopkins' A Guy's Guide to Healthy Aging was the first book I got and browse after I got out from the hospital last year following my stroke. The next section is about "mind-body connections," and provides chapters on sleep, appearance, spirituality, drugs and alcohol, and holistic medication. Each chapter is written by an authority in the topic matter covered - such as Medical Doctors, Sociologist, Psychologist, Counselors, Physical Therapist, Nutritionist and many other field professionals. They also recommend shielding eyes from the UV rays of sunlight, and, of course, remind readers that smoking boosts the risk of eye disorders. It offers not merely data, which is most likely accessible elsewhere, but also a distinctive method of thinking about the wellness of aging men. To some extent, it aims to speak right to men's knowledge and men's needs in a way that books by other wellness experts do not.5. A holistic approach is used all through the publication, which is unusual and refreshing for such manuals. For instance, in the chapter on vision, the writers explain regular changes linked to aging, and then their first recommendation is for healthful eating to keep healthy eyes.4. The

section also considers the implications for mental health issues, since men with eyesight loss are in elevated danger for depressive disorder, stress, loneliness and sadness. The reserve is exhaustive and addresses everything one could possibly need to know about how exactly to improve your health as you age. A Mans Guide to Healthy Ageing aims to put older men's wellness in a interpersonal and also political context, in a way that helps to enable guys to take order of their wellness. This book does not simply duplicate the same information that is available in related manuals, and it should be beneficial to both males and their families in addressing their health issues.



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