

The background of the book cover is a photograph of a landscape at sunset or sunrise. A dirt road winds through a valley, flanked by hills. The sky is filled with soft, colorful clouds in shades of orange, yellow, and purple. The overall mood is peaceful and hopeful.

**BUILDING
RESILIENCE
FOR A LONG,
ACTIVE LIFE**

ENLIGHTENED AGING

**ERIC B. LARSON, MD
AND JOAN DECLAIRE**

Larson, Eric B., MD and

Enlightened Aging: Building Resilience for a Long, Active Life



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A leading expert in the science of healthy aging, Dr. Eric B. Larson gives practical advice for ageing with resilience and foresight. More than just canned tips, Enlightened Aging proposes a way to resilience— It informs readers of the scientific proof behind brand-new perspectives on aging.s proven to help many push away disability until very later years. The steps on this path include pro-activity, acceptance, and building and maintaining great physical, mental, and public healthUsing inspiring stories from Dr. It recommends ways for readers to utilize their doctors to remain as healthy as possible for their age.s experiences with research participants, sufferers, friends, and relatives, Enlightened Aging can help readers know what their paths may appear to be given their own encounters and circumstances.a single that' It inspires visitors with stories of individuals who are approaching ageing with enlightened attitudes. And it provides tips for building better communities for our aging population. Larson' It offers advice and resources for visitors to build their own reserves for later years. While especially highly relevant to the baby boom generation, this work is actually for people of most ages looking for encouragement and wise counsel to be able to live a long, active life.



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My New Handbook for Aging Enlightened Aging is an important, exclusive book of suggestions. The author isn't just a scientist, but a primary care physician.) Furthermore I had been paring down goals bringing them more consistent with body and spirit. Exercise each day is essential and best for us. His recommendations are therefore reliable, and they are organized and offered in a manner that can make this my go-to book as I grow old. I completed the reserve yesterday, and I'm already urging other baby boomers to read it as well. Before I read the book, I viewed my future as one long decline. This publication, based on Dr. Larson's at the University of Washington, but not area of the aging study. And in order to be resilient, we have to strategy and fill our reserves, keeping ourselves moving, learning, and linking with others. He offers tales about individuals who experienced setbacks but maintained, through their reserves, to bounce back again and adapt. Larson's extensive research, shows obviously and sensibly steps a person can try achieve a happy, healthful, active and satisfying final chapter(s) to life. Proactive and Holistic Planning the Aging Years I purchased this book per month before my pension from active/career employment. It really is among the best books I have read this year. I now measure achievement predicated on enjoyment and just getting out for an excellent day hike or short backpacks. And allow it be your wise guide for getting better as you get older Enlightened Aging is certainly a gem of a book. I remember when I started my walking routine in my own 40s thinking "make use of it or get rid of it. For over 40 years I have been hearing a lot of the guidance Dr. And he's on a objective to tell people--specifically fellow baby boomers--what he has learned about growing older through decades of study and also his hands-on medical practice. It's under no circumstances too soon to start thinking about the aging in later life and preparing for it in a holistic manner. I came across it to be extremely informative and validating to the level it clearly supported options I have currently made or am producing as I transfer to the next phase of my entire life. Finally chapter 8 really hit home and was very psychological to read. More than a few tears as I find out about the passing of the authors family and friends and remembering how my parents went. While each folks will learn different things from Eric Larson's lessons on how to age in a wholesome and graceful method, the key take-away for me was to get ready by stocking through to our "reserves" of sociable (friendships, connections), physical (ensuring activity) and mental (a big part which ties to physical with ongoing workout). This book is quite readable, and very practical assistance that people can all follow. Larson and DeClaire have hit a home work with this reserve. I recommend it to everyone. In my 20s and 30s I cherished climbing and roaming through the mountains. Keep moving, then move even more In his own words Dr. Keep moving in all respects of life, physically along with mentally is certainly a theme in the book." (I have to have already been anticipating resiliency. Larson gives in his "Enlightened Living" publication. Yes, I am a patient of Dr. Larson encourages us to accept our growing restrictions and the fact that people all die, he stresses resilience along the way. Over those years a lot of the recommend and comments possess remained the same, highly recommending not cigarette smoking. Some areas have gained more importance due to the aging research at Group health, like the importance of workout. Larson has stated that he was aiming his publication at Boomers, but it certainly plays well to those folks in the pre boomer period and would be a great reference for the younger generation as well. It is a gift to learn a book on aging that, instead of induce guilt for all your things I haven't done for my ageing body-mind so far, encourages me to accept the inevitable changes that aging brings along with empowers me to help make the changes which will build resilience. And allow it be your sensible guide for getting better as you get older. Larson's thoughts on screening, just like the PSA testing or Mammograms, but besides that believe that this reserve provides great info, based upon evidence, for people of most ages to be more Enlightened as they age. Healthy Aging A wonderful reserve identifying behaviors that result in a far more functional existence mainly because we all age. Written with an extremely readable narrative style blended with good technology where we've data available. As your physician I found that helped circular out my knowledge about healthy habits that

make a meaningful difference in prolonging a dynamic, independent lifestyle. Enjoyed it. Larson has been a "real Doctor" along with a researcher in the field of healthy aging. His vast experience in both arenas makes this book very valuable to anyone who reads it whether it applies to them or their parents or their patients. For all of us, our very own lifestyle choices (smoking, alcohol consumption, exercise, nutrition, obesity etc.) will have a profound effect on our functional position later in life. The subject of "End of Existence" decision making is definitely also well discussed. The writing is easy to comprehend and the recommendations are types that the reader can easily implement. Informative, essential read for Baby Boomers. This book provides transition information for those that are approaching retirement age. I particularly enjoyed the vignettes from the National Institute of Maturing funded Adult Changes in Thought research that Dr Larson offers directed for many years. It's also overpowering as you seek to learn that you produced difference with your lifestyle. This book provides a thoughtful series of topics for you to consider. That is a reference that you will revisit thru out your journey. In particular the chapter on acceptance hit home! The authors manage to present essential research-based information on aging in such a way that means it is unusually available. Furthermore, the stories Larson and DeClaire use in their book not only engage the reader but provide motivation. As a couple striving to find yourself in the 'Old-Old' generation my wife and I think that the mental areas of aging gets the correct attention in the reserve. As John Gottman wrote in his endorsement of the publication, "Get this book! I (and my partner) individually disagree on Dr." Five Stars Stuffed with pertinent information. Dr. It's a concise account of ageing compiled by a credible source. Exceptional resource for learning how exactly to age well. Enlightened Learning combines the insights of a skilled primary care doctor who has many years of practice experience with a listing of the latest research in aging, a lot of which Dr Larson directed. Loved it. The book is a great read for all. The summary of the research gives the rationale for recommendations so the reader can feel safe making the changes that are suggested. Pension gives you the chance to have time to accomplish all the things on your own bucket list. That is one of the few long term studies of adjustments in mental ability over time and much of our understanding of how to build resilience comes from this study. As a geriatrician myself, I frequently found myself saying "That's exactly what I would have recommended". I believe almost everyone would benefit from following advice in this publication since the changes that underlie dementia probably begin extremely early in life. SENIORS - Read this Book! Today in church I spoke to 3 wonderful people in their sixties - one, sadly, has clear signals of dementia and is in a nursing home, another has multiple apparent physical problems and just spent a harrowing week in a healthcare facility, the third just finished her first triathlon and advanced to the next level. As the Led Zeppelin music will go, "Yes, there are two paths you can go by, but in the long term...there's still period to change the street you're on." I understand which one I want to become when I "grow up" and now, in my fifties, I'm attempting to choose the path to make it happen. And while Dr. In this way, a refreshingly frank, realistic reserve feels hopeful. I especially liked the focus on developing emotional, physical and mental resilience, the tie among physical fitness and staying away from Alzheimer's disease (which many people do not realize) and the importance of avoiding stress. Glad I read this book. This book is written in an engaging style, and combines what we realize from research with personal stories that illustrate the points the authors are making. Eric and Joan execute a great job. My takeaways: There is absolutely no magic bullet for avoiding issues associated with aging, but we can prepare better and live an excellent life by building resilience in our physical, emotional, and mental health storage space banks. This is an excellent and optimistic guide to being healthy and mature. His guidance is not exactly fresh, but it's predicated on large-scale studies combined with his years of looking after the elderly because they age. Thanks you so much for those stories! A thoughtful information to building reserves for the pathway to aging. Looking after our bodies is wonderful for our brain health. Very touching and has spurred me to think about updating my progress directives. Our reserves can then

help each folks better get over the unavoidable setbacks that will come along the pathway. I bought additional copies for my buddy, an academic gerontologist, and for my very own internist.



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