

The Longevity Project Surprising Discoveries For Health And Long Life From Landmark Eight Decade Study Howard S Friedman

The second edition of Sourcework, designed to help students make use of outside sources, has been updated and enhanced to better guide writers through the challenges of their first academic research papers. With new university-level readings and updated activities, this flexible text helps students master the writing and critical thinking skills necessary to produce strong academic essays using supporting evidence.

This title synthesizes the results from more than 50 years of empirical research, resulting in simple, powerful, and practical guidance for health professionals who want to know the most effective strategies for helping their clients to put long-term health-relevant behaviour changes into practice.

“THE SHARPEST AND MOST UNUSUAL STORY I READ LAST YEAR . . . [Mat] Johnson’s satirical vision roves as freely as Kurt Vonnegut’s and is colored with the same sort of passionate humanitarianism.”—Maud Newton, New York Times Magazine NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • Vanity Fair • Houston Chronicle • The Seattle Times • Salon • National Post • The A.V. Club Recently named professor of American literature Chris Jaynes has just made a startling discovery: the manuscript of a crude slave narrative that confirms the reality of Edgar Allan Poe’s strange and only novel, The Narrative of Arthur Gordon Pym of Nantucket. Determined to seek out Tsalal, the remote island of pure and utter blackness that Poe describes, Jaynes convenes an all-black crew of six to follow Pym’s trail to the South Pole, armed with little but the firsthand account from which Poe derived his seafaring tale, a bag of bones, and a stash of Little Debbie snack cakes. Thus begins an epic journey by an unlikely band of adventurers under the permafrost of Antarctica, beneath the surface of American history, and behind one of literature’s great mysteries.

“Outrageously entertaining, [Pym] brilliantly re-imagines and extends Edgar Allan Poe’s enigmatic and unsettling Narrative of Arthur Gordon Pym of Nantucket. . . . Part social satire, part meditation on race in America, part metafiction and, just as important, a rollicking fantasy adventure . . . reminiscent of Philip Roth in its seemingly effortless blend of the serious, comic and fantastic.”—Michael Dirda, The Washington Post “Blisteringly funny.”—Laura Miller, Salon “Relentlessly entertaining.”—The New York Times Book Review “Imagine Kurt Vonnegut having a beer with Ralph Ellison and Jules Verne.”—Vanity Fair “Screamingly funny . . . Reading Pym is like opening a big can of whoop-ass and then marveling-gleefully—at all the mayhem that ensues.”—Houston Chronicle A NEW YORK TIMES BESTSELLER “Brilliant and enthralling.”—The Wall Street Journal A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time’s most influential people. It’s a seemingly undeniable truth that aging is inevitable. But what if everyone we’ve been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: “Aging is a disease, and that disease is treatable.” This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—from Dr. David Sinclair’s own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, Lifespan will forever change the way we think about why we age and what we can do about it.

Unlocking the World’s Fastest-Growing, Most Misunderstood Market

The Longevity Project

The Longevity Economy

A Search for Wisdom from Old People (While They Are Still on This Earth)

Secrets of Longevity

The Self-Healing Personality

Extra Life

Oldness: a social construct at odds with reality that constrains how we live after middle age and stifles business thinking on how to best serve a group of consumers, workers, and innovators that is growing larger and wealthier with every passing day. Over the past two decades, Joseph F. Coughlin has been busting myths about aging with groundbreaking multidisciplinary research into what older people actually want -- not what conventional wisdom suggests they need. In The Longevity Economy, Coughlin provides the framing and insight business leaders need to serve the growing old market: a vast, diverse group of consumers representing every possible level of health and wealth, worth about \$8 trillion in the United States alone and climbing. Coughlin provides deep insight into a population that consistently defies expectations: people who, through their continued personal and professional ambition, desire for experience, and quest for self-actualization, are building a striking, unheralded vision of longer life that very few in business fully understand. His focus on women -- they outnumber men, control household spending and finances, and are leading the charge toward tomorrow's creative new narrative of later life -- is especially illuminating. Coughlin pinpoints the gap between myth and reality and then shows businesses how to bridge it. As the demographics of global aging transform and accelerate, it is now critical to build a new understanding of the shifting physiological, cognitive, social, family, and psychological realities of the longevity economy.

A leading scientist and an expert on human longevity explain how new discoveries in the fields of genomics, biotechnology, and nanotechnology could radically extend the human life expectancy and enhance physical and mental abilities, and introduce a cutting-edge program designed to enhance the immune system and slow the aging process on a cellular level. Reprint.

Secrets of Longevity is full of surprising, all-natural ideas for living a longer, healthier life, happier. As a 38th-generation doctor specializing in longevity, Dr. Mao (as he’s known to his patients) knows the answers—and they’re surprisingly simple and powerful. It’s amazing how a little honey in your tea can aid internal healing. Or how taking a walk after dinner each night can reduce the risk of stroke and heart disease. The tips are organized into chapters on diet, healing, environment, exercise, and relationships so you can easily dip into the areas you’d like to address.

Marrying women from the East with the latest scientific advances from the West. Secrets of Longevity puts at your fingertips a whole host of ways to make your stay on earth longer, healthier, and much, much happier.

This innovative text bridges the traditional theories approach to personality and the newer research-oriented approach. Combining scientific rigour with literary style, the distinguished authors show how classic theories form the basis for modern personality concepts and research. *Simple yet sophisticated organisation presents personality in terms of eight basic aspects: psychoanalytic, ego, biological, behavioural, cognitive, trait, existential/humanistic, and situational/interactionist *Extensive use of examples and applications to society throughout the text express the relevance of the theories and research to the lives of students *Integrated cultural sensitivity, including cross-cultural and women’s issues. A separate chapter on cultural issues is also unique to this text

Eating and Living Like the World’s Healthiest People

How Not to Die

Essays on Mass Media

Winning Strategies for Successful Aging

Personality: Classic Theories And Modern Research, 3/E

Fantastic Voyage

Surprising Lessons on Living Longer, Safer, and Healthier from America’s Favorite Medical Examiner

Traditional Chinese edition of The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

Bestselling author Dan Buettner shows how to transform your health using smart nutrition, lifestyle, and fitness habits gleaned from longevity research on the diets, eating habits, and lifestyle practices of the communities he’s identified as “Blue Zones”—those places with the world’s longest-lived, and thus healthiest, people, including locations such as Okinawa, Japan; Sardinia, Italy; Costa Rica’s Nicoya Peninsula; Icaria, Greece; and Loma Linda, California. With the audacious belief that the lifestyles of the world’s Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive health care project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. In The Blue Zones Solution, readers can be inspired by the specific stories of the people, foods, and routines of our healthiest elders; understand the role community, family, and naturally healthy habits can play in improving our diet and health; and learn the exact foods—including the 50 superfoods of longevity and dozens of recipes adapted for Western tastes and markets—that offer delicious ways to eat your way to optimum health. Throughout the book are lifestyle recommendations, checklists, and stories to help you create your own personal Blue Zones solution. Readers will learn and apply the 80/20 rule, the plant slant diet, social aspects of eating that lead to weight loss and great health naturally, cultivating your “tribe” of friends and family, and your greater purpose as part of your daily routine. Filled with moving personal stories, delicious recipes, checklists, and useful tips that will transform any home into a miniature blue zone, The Blue Zones Solution is the ultimate blueprint for a healthy, happy life.

People have searched for the fountain of youth everywhere from Binini to St. Augustine. But for a steadfast group of scientists, the secret to a long life lies elsewhere: in the lowly lab worm. By suppressing the function of just a few key genes, these scientists were able to lengthen worms’ lifespans up to tenfold, while also controlling the onset of many of the physical problems that beset old age. As the global population ages, the potential impact of this discovery on society is vast—as is the potential for profit. With The Longevity Seekers, science writer Ted Anton takes readers inside this tale that began with worms and branched out to snare innovative minds from California to Crete, investments from big biotech, and endorsements from TV personalities like Oprah and Dr. Oz. Some of the research was remarkable, such as the discovery of an enzyme in humans that stops cells from aging. And some, like an oft-cited study touting the compound resveratrol, found in red wine—proved highly controversial, igniting a science war over truth, credit, and potential profit. As the pace of discovery accelerated, so too did powerful personal rivalries and public fascination, driven by the hope that a longer, healthier life was right around the corner. Anton has spent years interviewing and working with the scientists at the frontier of longevity science, and this book offers a behind-the-scenes look at the state-of-the-art research and the impact it might have on global public health, society, and even our friends and family. With spectacular science and an unforgettable cast of characters, The Longevity Seekers has all the elements of a great story and sheds light on discoveries that could fundamentally reshape human life.

A revolutionary look at diet, nutrition, fitness, and longevity praised by Malcolm Gladwell and Oprah Magazine. “An extraordinary eighty-year study has led to some unexpected discoveries about long life.” —O, The Oprah Magazine For years we have been told to obsessively monitor when we’re angry, what we eat, how much we worry, and how often we go to the gym. So why isn’t everyone healthy? Drawing from the most extensive study of long life ever conducted, The Longevity Project busts many long-held myths, revealing how: • Many of those who worked the hardest actually lived the longest • Getting married is not a magic ticket to good health • It’s not the happy-go-lucky who thrive—it’s the prudent and persistent With self-tests that illuminate your own best paths to longer life, this book changes the conversation about what it really takes to achieve a long, healthy life.

Chasing Life

Triumphs of Experience

Is Marriage for White People?

According to Our Hearts

Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade S tudy

Classic Theories and Modern Research

Lifespan

Includes bibliographical references and index.

Includes selections from Xenophon, Antiphon and Euripides.

A distinguished Stanford law professor examines the steep decline in marriage rates among the African American middle class, and offers a paradoxical-nearly incendiary-solution. Black women are three times as likely as white women to never marry. That sobering statistic reflects a broader reality: African Americans are the most unmarried people in our nation, and contrary to public perception the racial gap in marriage is not confined to women or the poor. Black men, particularly the most successful and affluent, are less likely to marry than their white counterparts. College educated black women are twice as likely as their white peers never to marry. Is Marriage for White People? is the first book to illuminate the many facets of the African American marriage decline and its implications for American society. The book explains the social and economic forces that have undermined marriage for African Americans and that shape everyone’s lives. It distills the best available research to trace the black marriage decline’s far reaching consequences, including the disproportionate likelihood of abortion, sexually transmitted diseases, single parenthood, same sex relationships, polygamous relationships, and celibacy among black women. This book centers on the experiences not of men or of the poor but of those black women who have surged ahead, even as black men have fallen behind. Theirs is a story that has not been told. Empirical evidence documents its social significance, but its meaning emerges through stories drawn from the lives of women across the nation. Is Marriage for White People? frames the stark predicament that millions of black women now face: marry down or marry out. At the core of the inquiry is a paradox substantiated by evidence and experience alike: If more black women married white men, then more black men and women would marry each other. This book not only sits at the intersection of two large and well-established markets-race and marriage-it responds to yearnings that are widespread and deep in American society. The African American marriage decline is a secret in plain view about which people want to know more, intertwining as it does two of the most vexing issues in contemporary society. The fact that the most prominent family in our nation is now an African American couple only intensifies the interest, and the market. A book that entertains as it informs, Is Marriage for White People? will be the definitive guide to one of the most monumental social developments of the past half century.

Practical English Grammar for Academic Writers is intended for international students who have to write academically in American English. Suitable for undergraduates or graduate students, it aims at enabling writers to produce grammatically correct, well-focused, well-developed writing with academic vocabulary, style, and tone. This book is compact, yet surprisingly broad in grammatical, lexical, and academic scope, making it ideal for advanced level English for academic purposes or academic transitions reading/writing classes that have to balance academic content with grammar. This book also includes an answer key, including sample paragraphs for all of the independent writing assignments, allowing for individual, autonomous study.

Health Behavior Change and Treatment Adherence

Pym: A Novel

The Surprising, Unbiased Truth About What You Should Do to Prevent Disease, Feel Great, and Have Optimum Health and Longevity

Personality

Health Psychology

Grain Brain

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

At a time when people are living into their tenth decade, the longest longitudinal study of human development ever undertaken offers welcome news for old age: our lives evolve in our later years and often become more fulfilling. Among the surprising findings: people who do well in old age did not necessarily do so well in midlife, and vice versa.

The Longevity Project/Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade StudyPenguin

Ed Sarafino and Timothy Smith draw from the research and theory of multiple disciplines in order to effectively demonstrate how psychology and health impact each other. The newly updated 9th Edition of Health Psychology: Biopsychosocial Interactions includes a broader picture of health psychology by presenting cross-cultural data. Furthermore, international examples are also included to further explore the psychologist’s perspective of health issues around the world and highlight what works in the field. The psych

You can be more productive, healthier, and happier... longer! Living a long life isn't about measuring the number of years lived but how we live them. Jonny Bowden's and Dr. Beth Taylor's recommendations will keep you strong, healthy, energetic, and active so you can get the most out of each day and do the things you always dreamed of every decade of your life. These methods, all backed by the latest research and scientific studies, are easy, yet work anti-aging miracles. There's no better time to start than now. It's a roadmap to a longer, healthier life, advocating key strategies for the food we should eat, the supplements we should take, and the lifestyle adjustments we should make that will help keep us going stronger longer. With these strategies, you can win the battle against aging. You'll learn how to: - Combat oxidative damage caused by free radicals from the environment and your own body, wearing you down from the inside out. - Fight inflammation, the "silent killer" that is a factor in just about every degenerative dis

many of the diseases of aging - Reduce stress, which can cause more damage to your overall wellbeing than you think. More and more studies are proving that we can strongly influence how long and how well we live. This fully revised and updated edition offers the smartest program for living a longer, healthier, better life.

Surprising Guideposts to a Happier Life from the Landmark Study of Adult Development

The Science and Technology of Growing Young

A Short History of Living Longer

Aging Well

How the Surprising Science of Happy Couples Can Help Your Marriage Succeed

Concepts and Controversies

How to Live

In an unprecedented series of studies, Harvard Medical School has followed 824 subjects -- men and women, some rich, some poor -- from their teens to old age. Harvard's George Vaillant now uses these studies -- the most complete ever done anywhere in the world -- and the subjects' individual histories to illustrate the factors involved in reaching a happy, healthy old age. He explains precisely why some people turn out to be more resilient than others, the complicated effects of marriage and divorce, negative personality changes, and how to live a more fulfilling, satisfying and rewarding life in the later years. He shows why a person's background has less to do with their eventual happiness than the specific lifestyle choices they make. And he offers step-by-step advice about how each of us can change our lifestyles and age successfully. Sure to be debated on talk shows and in living rooms, Vaillant's definitive and inspiring book is the new classic account of how we live and how we can live better. It will receive massive media attention, and with good reason: we have never seen anything like it, and what it has to tell us will make all the difference in the world.

WHEN THIS DOCTOR TALKS, YOU SHOULD LISTEN. Thousands of people make an early exit each year and arrive on medical examiner Jan Garavaglia's table. What is particularly sad about this is that many of these deaths could easily have been prevented. Although Dr. Garavaglia, or Dr. G, as she's known to many, could not tell these individuals how to avoid their fates, we can benefit from her experience and profound insight into the choices we make each day. In How Not to Die, Dr. G acts as a medical detective to identify the often-unintentional ways we harm our bodies, then shows us how to take that information to live better and smarter. She provides startling tips on how to make wise choices so that we don't have to see her, or someone like her, for a good, long time. • In "Highway to the Morgue," we learn the one commonsense safety tip that can prevent deadly accidents—and the reason you should never drive with the windows half open • "Code Blue" teaches us how to increase our chances of leaving the hospital alive—and how to insist that everyone caring for you practice the easiest hygiene method around • "Everyday Dangers" informs us why neat freaks live longer—and the best ways to stay safe in a car during a lightning storm Using anecdotes from her cases and a liberal dose of humor, Dr. G gives us her prescription for living a healthier, better, longer life—and unlike many doctors' orders, this one is surprisingly easy to follow.

Watch a video Watch a Fox News segment on The Longevity Project. This landmark study—which Dr. Andrew Weil calls "a remarkable achievement with surprising conclusions"—upends the advice we have been told about how to live to a healthy old age. We have been told that the key to longevity involves obsessing over what we eat, how much we stress, and how fast we run. Based on the most extensive study of longevity ever conducted, The Longevity Project exposes what really impacts our lifespan-including friends, family, personality, and work. Gathering new information and using modern statistics to study participants across eight decades, Dr. Howard Friedman and Dr. Leslie Martin bust myths about achieving health and long life. For example, people do not die from working long hours at a challenging job- many who worked the hardest lived the longest. Getting and staying married is not the magic ticket to long life, especially if you're a woman. And it's not the happy-go-lucky ones who thrive-it's the prudent and persistent who flourish through the years. With questionnaires that help you determine where you are heading on the longevity spectrum and advice about how to stay healthy, this book changes the conversation about living a long, healthy life.

The original and creative analyses presented in this work represent a new understanding of the exciting field of personality and disease. Contributors offer current research findings and their experienced opinions on the relationship that exists between personality and disease in a clear, comprehensive fashion. Among the topics covered are models of linkages between personality and disease, stress and illness, individual differences and health-gender, coping and stress. Personality and social factors or and how they affect the outcome of cancer, are also discussed. The exploration and examination of the issues presented here are extremely valuable and will have a major impact on future research and practice.

Academic Writing from Sources

Sourcework

The Longevity Seekers

Biopsychosocial Interactions

Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study

For Better

Representing Disability in an Ableist World

“Offers a useful reminder of the role of modern science in fundamentally transforming all of our lives.” —President Barack Obama (on Twitter) “An important book.” —Steven Pinker, The New York Times Book Review The surprising and important story of how humans gained what amounts to an extra life, from the bestselling author of How We Got to Now and Where Good Ideas Come From In 1920, at the end of the last major pandemic, global life expectancy was just over forty years. Today, in many parts of the world, human beings can expect to live more than eighty years. As a species we have doubled our life expectancy in just one century. There are few measures of human progress more astonishing than this increased longevity. Extra Life is Steven Johnson’s attempt to understand where that progress came from, telling the epic story of one of humanity’s greatest achievements. How many of those extra years came from vaccines, or the decrease in famines, or the decrease in fires, or seatbelts? What are the forces that now keep us alive longer? Behind each breakthrough lies an inspiring story of cooperative innovation, of brilliant thinkers bolstered by strong systems of public support and collaborative networks, and of dedicated activists fighting for meaningful reform. But for all its focus on positive change, this book is also a reminder that meaningful gaps in life expectancy still exist, and that new threats loom on the horizon, as the COVID-19 pandemic has made clear. How do we avoid decreases in life expectancy as our public health systems face unprecedented challenges? What current technologies or interventions that could reduce the impact of future crises are we somehow ignoring? A study in how meaningful change happens in society, Extra Life celebrates the enduring power of common goals and public resources, and the heroes of public health and medicine too often ignored in popular accounts of our history. This is the sweeping story of a revolution with immense public and personal consequences: the doubling of the human life span.

In this witty guide for seekers of all ages, author Henry Alford seeks instant enlightenment through conversations with those who have lived long and lived well. Armed with recent medical evidence that supports the cliché that older people are, indeed, wiser, Alford sets off to interview people over 70—some famous (Phyllis Diller, Harold Bloom, Edward Albee), some accomplished (the world’s most-quoted author, a woman who walked across the country at age 89 in support of campaign finance reform), some unusual (a pastor who thinks napping is a form of prayer, a retired aerospace engineer who gets food out of the garbage.) Early on in the process, Alford interviews his 79 year-old mother and step-father, and inadvertently changes the course of their 36 year-long union. Part family memoir, part Studs Terkel, How To Live considers some unusual sources—deathbed confessions, late-in-life journals—to deliver a highly optimistic look at our dying days. By showing that life after 70 is the fulfillment of, not the end to, life’s questions and trials, How to Live delivers that most unexpected punch: it makes you actually “want” to get older.

Health, Happiness, and Well-Being by authors Steven Jay Lynn, William T. O’Donohue, and Scott O. Lilienfeld provides the essential tools for becoming a knowledgeable consumer of information on behavioral health. Packed with examples drawn from the media and scientific journals, this volume discusses why accurate, up-to-date, and valid health information is vital to achieving the good life. The book provides readers with a “one stop shop” resource for invaluable information derived from psychological science and conveyed by top experts regarding the optimization of health and psychological well-being. “One of the strongest features is that chapters [are] written by the people who have done the research. I am familiar with the work of all of them, and it’s a stellar group.” —James E. Maddux, George Mason University

The Disorders is a derivative volume of articles pulled from the award-winning Encyclopedia of Mental Health, providing A-to-Z coverage of the many disorders afflicting mental health patients, including alcohol problems, Alzheimer’s disease, depression, epilepsy, gambling, obsessive-compulsive disorder, phobias, and suicide. According to 1990 estimates, mental disorders represent five of the ten leading causes of disability.” Among “developed” nations, including the United States, major depression is the leading cause of disability. Also near the top of these rankings are bipolar depression, alcohol dependence, schizophrenia, and obsessive-compulsive disorder. In addition, mental disorders are tragic contributors to mortality, with suicide perennially representing one of the leading preventable causes of death worldwide. The Disorders presents a comprehensive overview of the disorders afflicting mental health patients. It describes the impact of mental health on the individual and society and illustrates the factors that aid positive mental health. Thirty-five peer-reviewed articles written by more than 50 expert authors include essential material on specific disorders affecting modern society. Professionals and libraries will find this timely work indispensable.

Practical English Grammar for Academic Writers

The Disorders

The Longevity Diet

The Blue Zones Solution

Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer *r*

Readings, Review, and Exercises

The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain’s Silent Killers

Wall Street Journal, USA Today, and Publishers Weekly bestseller The prospect of living to 200 years old isn't science fiction anymore. A leader in the emerging field of longevity offers his perspective on what cutting-edge breakthroughs are on the horizon, as well as the practical steps we can take now to live healthily to 100 and beyond. In The Science and Technology of Growing Young, industry investor and insider Sergey Young demystifies the longevity landscape, cutting through the hype and showing readers what they can do now to live better for longer, and offering a look into the exciting possibilities that await us. By viewing aging as a condition that can be cured, we can dramatically revolutionize the field of longevity and make it accessible for everyone. Join Sergey as he gathers insights from world-leading health entrepreneurs, scientists, doctors, and inventors, providing a comprehensive look into the future of longevity in two horizons: ◻ The Near Horizon of Longevity identifies the technological developments that will allow us to live to 150/some of which are already in use/from AI-based diagnostics to gene editing and organ regeneration. ◻ The Far Horizon of Longevity offers a tour of the future of age reversal, and the exciting technologies that will allow us to live healthily to 200, from Internet of Bodies to digital avatars to AI-brain integration. In a bonus chapter, Sergey also showcases 10 longevity choices that we already know and can easily implement to live to 100, distilling the science behind diet, exercise, sleep, mental health, and our environments into attainable habits and lifestyle hacks that anyone can adopt to vastly improve their lives and workplaces. Combining practical advice with an incredible overview of the brave new world to come, The Science and Technology of Growing Young redefines what it means to be human and to grow young.

Dr. Perlmutter’s #1 New York Times bestseller about the devastating effects of gluten, sugar, and carbs on the brain and body -- updated with the latest nutritional and neurological science When Grain Brain was published in 2013, Dr. Perlmutter kick-started a revolution. Since then, his book has been translated into thirty languages, and more than 1.5 million readers have been given the tools to make monumental life-changing improvements to their health. They’ve lost weight, banished anxiety and depression, reduced or eliminated chronic conditions, and taken proactive steps to safeguard themselves against cognitive decline and neurological disease -- all without drugs. In this fully revised, five-year-anniversary edition, Dr. Perlmutter builds on his mission. Drawing on the latest developments in scientific research, which have further validated his recommendations, he explains how the Grain Brain program boosts the brain, shows the benefits of using fat as a main fuel source, and puts forth the most compelling evidence to date that a non-GMO, gluten-free, and low-carb diet is crucial for cognitive function and long-term health. Featuring up-to-date data and practical advice based on leading-edge medicine, including modified guidelines for testing and supplements, plus a wealth of new recipes, Grain Brain empowers you to take control of your health as never before and achieve optimal wellness for lifelong vitality.

In 1986 Dr. David Snowdon, one of the world’s leading experts on Alzheimer’s disease, embarked on a revolutionary scientific study that would forever change the way we view aging/and ultimately living. Dubbed the 11Nun Study/ because it involves a unique population of 678 Catholic sisters, this remarkable long-term research project has made headlines worldwide with its provocative discoveries. Yet Aging with Grace is more than a groundbreaking health and science book. It is the inspiring human story of these remarkable women/ranging in age from 74 to 106/whose dedication to serving others may help all of us live longer and healthier lives. Totally accessible, with fascinating portraits of the nuns and the scientists who study them, Aging with Grace also offers a wealth of practical findings: ◻ Why building linguistic ability in childhood may protect against Alzheimer’s ◻ Which ordinary foods promote longevity and healthy brain function ◻ Why preventing strokes and depression is key to avoiding Alzheimer’s ◻ What role heredity plays, and why it’s never too late to start an exercise program ◻ How attitude, faith, and community can add years to our lives A prescription for hope, Aging with Grace shows that old age doesn’t have to mean an inevitable slide into illness and disability; rather it can be a time of promise and productivity, intellectual and spiritual vigor/ia time of true grace.

The New York Times bestseller that explains how groundbreaking scientific discoveries can help each of us achieve our personal best Every week, Gretchen Reynolds single-handedly influences how millions of Americans work out. In her popular New York Times column, she debunks myths, spurs conversation, and stirs controversy by questioning widely held beliefs about exercise. Here, Reynolds consults experts in a range of fields to share paradigm-shifting findings that were previously only available in academic and medical journals, including: ◻ 20 minutes of cardio is all you need (and sometimes six minutes is enough) ◻ Stretching before a workout is counterproductive ◻ Chocolate milk is better than Gatorade for recovery Whether you’re running ultramarathons or just want to climb the stairs without losing your breath, The First 20 Minutes will show you how to be healthy today and perform better tomorrow.

The Most Effective Ways to Live Longer, Revisited

Rhinelander v. Rhinelander and the Law of the Multiracial Family
Evidence-based Guidelines for Improving Healthcare
Why Some People Achieve Health and Others Succumb to Illness
Science, Business, and the Fountain of Youth
Attica: Intermediate Classical Greek

Aging with Grace

Presenting current research in an innovative text-reader format, *Aging: Concepts and Controversies*, Ninth Edition encourages students to become involved and take an informed stand on the major aging issues we face as a society. Not simply a summary of research literature, Harry R. Moody and Jennifer R. Sasser's text focuses on controversies and questions, rather than on assimilating facts or arriving at a single "correct" view about aging and older people. Drawing on their extensive expertise, the authors first provide an overview of aging in three domains: aging over the life course, health care, and the socioeconomic aspects of aging. Each section is followed by a series of edited readings, offering different perspectives from experts and specialists on that subject. New readings focus on whether current federal spending on the elderly is sustainable and fair to other groups, how older consumers are reshaping the business landscape, and the challenges of marketing and selling to customers 60 and over. More emphasis is placed on how social class and inequality earlier in life can shape our final years and the number of older Americans living in poverty. The section on Aging and Health Care has been thoroughly updated to reflect the latest data about chronic diseases that affect the elderly, government spending on health care, and policy changes to programs like Medicaid and Medicare. The section on the Social and Economic Outlook for an Aging Society gives the most current picture of the racial and ethnic diversity of older Americans, their participation in the labor force, and their income and wealth.

Offers advice on practical living during old age, and includes tips on where to retire, maintaining physical and mental health, protecting financial assets, and maintaining independence.

DIV This landmark book looks at what it means to be a multiracial couple in the United States today. According to Our Hearts begins with a look back at a 1925 case in which a two-month marriage ends with a man suing his wife for misrepresentation of her race, and shows how our society has yet to come to terms with interracial marriage. Angela Onwuachi-Willig examines the issue by drawing from a variety of sources, including her own experiences. She argues that housing law, family law, and employment law fail, in important ways, to protect multiracial couples. In a society in which marriage is used to give, withhold, and take away status—in the workplace and elsewhere—she says interracial couples are at a disadvantage, which is only exacerbated by current law. /div

With breakthroughs in understandings of the disease prone and self-healing personalities Dr. Howard S. Friedman gives his answers to important questions. Why are certain people more likely to achieve health than other, seemingly similar, people? How can one increase their chances of preserving their health? What are the health effects of our chronic mood states? How are heart disease, cancer, arthritis, and other diseases related to personality? How can the disease-prone personality be altered? The answers to these questions are emerging from an exciting new interdisciplinary health science, and The Self-Healing Personality is the authoritative source for understanding state-of-the-art findings that can allow you to enhance your capacity for a long and healthy life. "A really important book! We must empower individuals to preserve their own health. This book should be read by everyone wanting an elegant, understandable explanation of the latest scientific findings." —Dr.

Margaret Chesney, President, Health Psychology Division, American Psychological Association

Slow Aging, Fight Disease, Optimize Weight

The First 20 Minutes

How the African American Marriage Decline Affects Everyone

Aging

Live Long Enough to Live Forever

An Insider's Guide to the Breakthroughs that Will Dramatically Extend Our Lifespan . . . and What You Can Do Right Now

One of the New York Times' most popular journalists presents groundbreaking scientific news about marriage. And, surprise: It's good news. We've all heard the statistic: Fifty percent of marriages end in divorce. It's enough to make many couples give up when the going gets rough, thinking that's what everybody else does. But what if it weren't true? What if, in fact, it's not only possible but often easier than you think to save a seemingly troubled relationship? These are the questions Tara Parker-Pope asked herself after her own divorce. An investigative journalist, the health and wellness beat, she turned to some of the top biologists, neuroscientists, psychologists, and other scientists for the facts about marriage and divorce. Those facts were more positive and provocative than she'd ever expected, and *For Better* offers page after page of astonishing, eye-opening good news. Parker-Pope presents the science behind why some marriages work and others don't; the biology behind why some spouses cheat and others remain faithful; the best diagnostic tools created by the most cutting-edge psychologists to assess the probability of success in getting married, staying married, or remarrying. There are questionnaires to uncover potentially damaging hidden attitudes toward spouses. There are tools to show the impact of routine, fresh activity and how small adjustments can make a huge difference. Tara Parker-Pope's genius is for exploring the science behind the big issues that affect our lives every day and translating that science into advice that we can use every day. *For Better* is the definitive guide to the most profound relationship of our lives.

The internationally renowned, clinically tested, revolutionary diet program to lose weight, fight disease, and live a longer, healthier life. Can what you eat determine how long, and how well, you live? The clinically proven answer is yes, and *The Longevity Diet* is easier to follow than you'd think. The culmination of 25 years of research on aging, nutrition, and disease across the globe, this unique program lays out a simple solution to living to a healthy old age through nutrition. The key is combining the healthy everyday eating plan the book outlines, with the science-engineered fasting-mimicking diet, or FMD: the FMD, done just 3-4 times a year, does away with the misery and starvation most of us experience while fasting, allowing you to reap all the beneficial health effects of a restrictive diet, while avoiding negative stressors, like low energy and sleeplessness. Valter Longo, director of the Longevity Institute at USC and the Program on Longevity and Cancer at IFOM in Milan, designed the FMD after making a series of remarkable discoveries in mice, then in humans, indicating that specific diets can activate stem cells regeneration and rejuvenation in multiple organs to significantly reduce risk for diabetes, cancer, Alzheimer's, and heart disease. Longo's simple pescatarian daily eating plan and the periodic fasting-mimicking techniques can both yield impressive results. Low in proteins and sugars and rich in healthy fats and plant-based foods, *The Longevity Diet* is proven to help you: • Lose weight and reduce abdominal fat • Extend your healthy lifespan with simple everyday changes • Prevent age-related muscle and bone loss • Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer Longo's healthy, life span-extending program is based on an easy-to-adopt pescatarian plan along with the fasting-mimicking diet no more than 4 times a year, just 5 days at a time. Including 30 easy recipes for an everyday diet based on Longo's five pillars of longevity, *The Longevity Diet* is the key to living a longer, healthier, more fulfilled life.

For centuries, adventurers and scientists have believed that not only could we delay death but that "practical immortality" was within our reach. Today, many well-respected researchers would be inclined to agree. In a book that is not about anti-aging, but about functional aging—extending your healthy, active life—Dr. Sanjay Gupta blends together compelling stories of the most up-to-date scientific breakthroughs from around the world, with cutting-edge research and advice on achieving practical immortality in this lifetime. Gupta's advice is often counterintuitive: longevity is not about eating well, but about eating less; nutritional supplements are a waste of your money; eating chocolate and drinking coffee can make you healthier. *CHASING LIFE* tells the stories behind the breakthroughs while also revealing the practical steps readers can take to help extend youth and life far longer than ever thought possible.

Why We Age—and Why We Don't Have To

Specialty Articles from the Encyclopedia of Mental Health

New Discoveries in the Search for Immortality to Help You Age Less Today

Better Living Through Psychological Science

Health, Happiness, and Well-Being

Hundreds of Ways to Live to Be 100

Personality and Disease