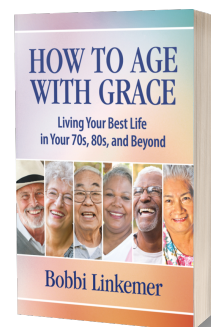


About the Book

What If You Had an Owner's Manual to Answer Your Questions About Aging?

Now, you do.

How to Age with Grace: Living Your Best Life in Your 70s, 80s, and Beyond answers the ten most pressing questions older adults ask to help them live well now and prepare for the years ahead. Most of us don't envision the inevitable changes that come with aging. One day, they just seem to appear, bringing with them a host of concerns.



Will I run out of money? Will I be alone without friends, family, or a support system? Will I develop Alzheimer's or Covid-19? Will I be safe in my home? Will my health deteriorate? Not everyone worries about the same aspects of aging; we each have our own Achilles' heel.

While there are no magic answers to these questions, the more we understand, the better able we will be to answer them. If there are potential problems, perhaps we can prevent them. If there are suggestions for enhancing our lives, now would be a good time to explore them. Each chapter answers one question thoroughly; and each is both personal and practical, explaining the subject clearly, sharing the author's experience, calling on the knowledge of many experts, and offering scores of suggestions on how to prevent or deal with the issue.

What makes *How to Age with Grace* different from other books on aging is that every chapter is accompanied by one or two stand-alone interviews—one with an older person who is experiencing first-hand the subject of the chapter and the other with an expert on the topic.