



A Man's Guide to Healthy Aging (A Johns Hopkins Press Health Book)

Edward H Thompson, Lenard W. Kaye

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As they reach middle age, most men begin looking forward to "what's next." They gear up to experience renewed productivity and purpose and are more conscious of their health. *A Man's Guide to Healthy Aging* is an authoritative resource for them, and for older men, as well. In collaboration with a variety of medical experts, the authors provide a comprehensive guide to healthy aging from a man's perspective.

Edward H. Thompson, Jr., and Lenard W. 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 healthy. Here is information about how to eat well, reduce stress, and stay active for better overall health. • "Mind and Body" considers how physical health and state of mind are connected. It explores sleep, drug and alcohol use, spirituality, and attitudes about appearance—and explains how all of these factors affect mental health. • "Bodily Health" examines how body systems function and what changes may occur as men age. It covers the body from head to toe and reviews how to manage chronic diseases such as cancer, diabetes, and heart conditions. • "Living with Others" shows the importance of interacting with friends and family. Topics include sexual intimacy, friendship, and caregiving, as well as how men can make the best decisions about end-of-life issues for themselves and their loved ones.

Refuting the ageist stereotype that men spend their later years "winding down," this book will help men reinvent themselves once, twice, or more—by managing their health, creating new careers, and contributing their skills and experiences to their communities.

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Jeffrey Brown:

This A Man's Guide to Healthy Aging (A Johns Hopkins Press Health Book) book is not really ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this reserve incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This specific A Man's Guide to Healthy Aging (A Johns Hopkins Press Health Book) without we know teach the one who looking at it become critical in considering and analyzing. Don't be worry A Man's Guide to Healthy Aging (A Johns Hopkins Press Health Book) can bring once you are and not make your case space or bookshelves' grow to be full because you can have it inside your lovely laptop even mobile phone. This A Man's Guide to Healthy Aging (A Johns Hopkins Press Health Book) having fine arrangement in word along with layout, so you will not sense uninterested in reading.

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Playing with family in a park, coming to see the coastal world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love A Man's Guide to Healthy Aging (A Johns Hopkins Press Health Book), you can enjoy both. It is fine combination right, you still would like to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't buy it, oh come on its named reading friends.

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Melvin Dove:

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