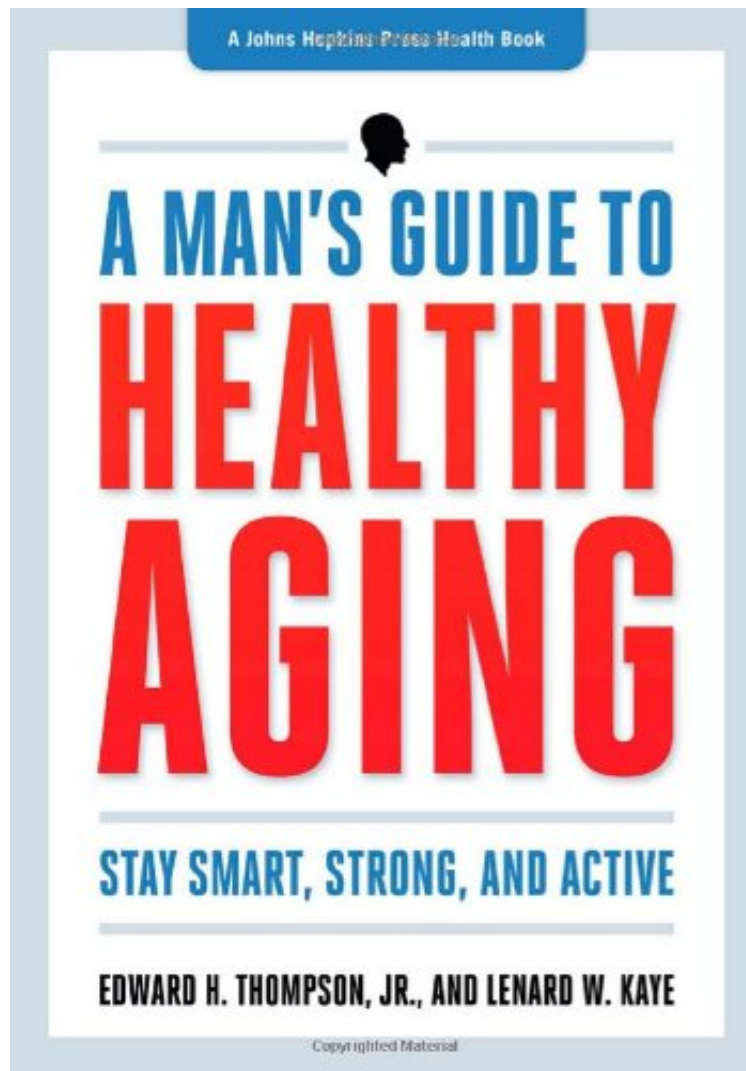


(Download) A Man's Guide to Healthy Aging: Stay Smart, Strong, and Active (A Johns Hopkins Press Health Book)

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

Edward H. Thompson Jr., Lenard W. Kaye
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Edward H. Thompson Jr., Lenard W. Kaye : A Man's Guide to Healthy Aging: Stay Smart, Strong, and Active (A Johns Hopkins Press Health Book) before purchasing it in order to gage whether or not it would be worth my time, and all praised A Man's Guide to Healthy Aging: Stay Smart, Strong, and Active (A Johns Hopkins Press Health Book):

3 of 3 people found the following review helpful. Covers a lot of ground about aging and medical issues.By Paul

1946 I am not all that far into this tome but it covers a wide variety of aging issues and information I don't get from my doctor during my routine visits. I think reading this will help me get more out of my regular visits to my doctor in the future. At age 68, I am always waking up with some new stuff that I find annoying and have found several of the explanations very helpful. It helps separate the normal from the abnormal I wish I could have had access to this book in my 40's. Every man and concerned spouses should read this book. 3 of 3 people found the following review helpful. Very Comprehensive and Interesting Reading By Pat Stephan Since those of us who would be interested in such a topic probably think that we already know everything, we may find some content of this book obvious and reinforcement to what we already know. On the other hand, the authors have contributors who are experts in their fields and have seen a broader spectrum of experiences give their best advice which should be useful in a broad range of topics. One interesting approach in the book is to use bulleted highlights for courses of action or improvements in dealing with various topics and situations. It will take a while to get through the entire book, but I am picking topics of current interest and look forward to finishing the book in coming weeks. 4 of 4 people found the following review helpful. Good! By Kolyalf If you are getting old, then it is good to know what is happening and have reliable advice on what you can go to stay healthy and up to par.

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.

"It provides not just information, ... but also a distinctive way of thinking about the health of aging men. This book does not just reproduce the same information that is available in similar guides, and it should be useful to both men and their families in addressing their health problems." (Christian Perring Metapsychology) "This book is the perfect gift for the man who seemingly has everything except maybe a handle on his own health... Its a worthwhile investment in your male loved ones health and life. Husbands, sons and anyone else you love will be sure to benefit from the wisdom between these pages." (Carol Higgins Taylor Bangor Daily News) "A helpful, upbeat guide that covers major health problems, preventative care, and social and spiritual concerns that contribute to good health... A valuable resource for all middle-aged and older men." (Publishers Weekly) "Covers almost everything you need to know, but might be afraid to ask, about keeping fit mentally, physically, socially, intellectually and sexually through the decades." (Wall Street Journal) "An excellent, authoritative head-to-toe guide for men (40 years and older) who want to stay healthy. Much of the advice deals with long-term habits of diet, exercise, and relationships that younger men will benefit from changing before they lead to problems. This is also a good read for women who want to keep the men in their lives healthy." (Library Journal) "While the book is packed with information, it is written for the layman, with charts and graphs to make things even easier to digest." (Dave Greenslit Worcester Telegram Gazette) "Although the title says otherwise, there are many things in this top book on health aging that applies to both sexes." (The Senior List) "The good news is that even a man who has ignored his health for most, if not all of his life, can by making major changes in his daily routine and reversing destructive habits, can generally earn back years he might otherwise have lost." (Brian Goslow Fifty Plus Advocate) "This guide is an exhaustive review of current research into health ageing from a man's perspective, carried out over four years and vetted by medical professionals." (Graham Clifford Independent IE) "Men would live happier, longer lives if they were better informed about how to look after themselves after 40." (The Times) "This is a well written book that is easy to pick up and get reading. The style and structure allow you to look for things that you might want to know the answer to, or to browse through looking for bits of interest." (Ibadete Fetahu Nursing Times) About the Author Edward H. Thompson, Jr., is professor emeritus of sociology at the College of the Holy Cross. Lenard W. Kaye is a professor of social work and director of the Center on Aging at the University of Maine.