



Living Well: Taking Care of Yourself in the Middle and Later Years

By James F. Fries

Da Capo Press. Paperback. Condition: New. 384 pages. Dimensions: 8.8in. x 7.4in. x 1.1in. Advances in medical care allow us to live longer, but to enjoy life we need to stay healthy. Completely revised and updated, Living Well presents a thorough but manageable program for keeping in good mental and physical shape as we grow older. In Part I, Dr. James Fries includes the most up-to-date medical information about how many diseases associated with aging-such as osteoarthritis, diabetes, and atherosclerosis-can be avoided or put off with the latest medication and alternative treatment options. Part II addresses many other challenges that people in their middle and later years face-from planning for retirement, to keeping your mind active, to maintaining a healthy sex life, to writing a will. Finally, Part III provides easy-to-use decision charts- on everything from hip pain to incontinence to diet and exercise-that quickly help determine whether professional intervention is necessary or whether home treatment will suffice. Comprehensive and accessible, Living Well is the essential reference for promoting a long, happy, and healthy life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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