



Living Agelessly: Answers to Your Most Common Questions About Aging Gracefully (A DiaMedica Guide to Optimum Wellness)

Linda J. Altoonian

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Baby boomers who care for elderly parents even as they raise their own families face a doubly challenging set of circumstances: meeting the needs of the ill and aging while still aging gracefully themselves. In this book, Linda Altoonian draws from her own experience to address the problems faced by other members of the “sandwich” generation. She first describes her basic premise — that it’s possible to be in control of the aging process, and that growing older can be enjoyable and healthy when the right lifestyle choices are made — and then covers day-to-day issues such as creating a safe living environment, practicing a good diet and exercise, and staying mentally active. She also deals with the legal, medical, physical, social, and even spiritual issues that affect the lives of seniors and their caregivers, simplifying and explaining even the most complicated issues in a succinct, easy-to-understand, and upbeat style.

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