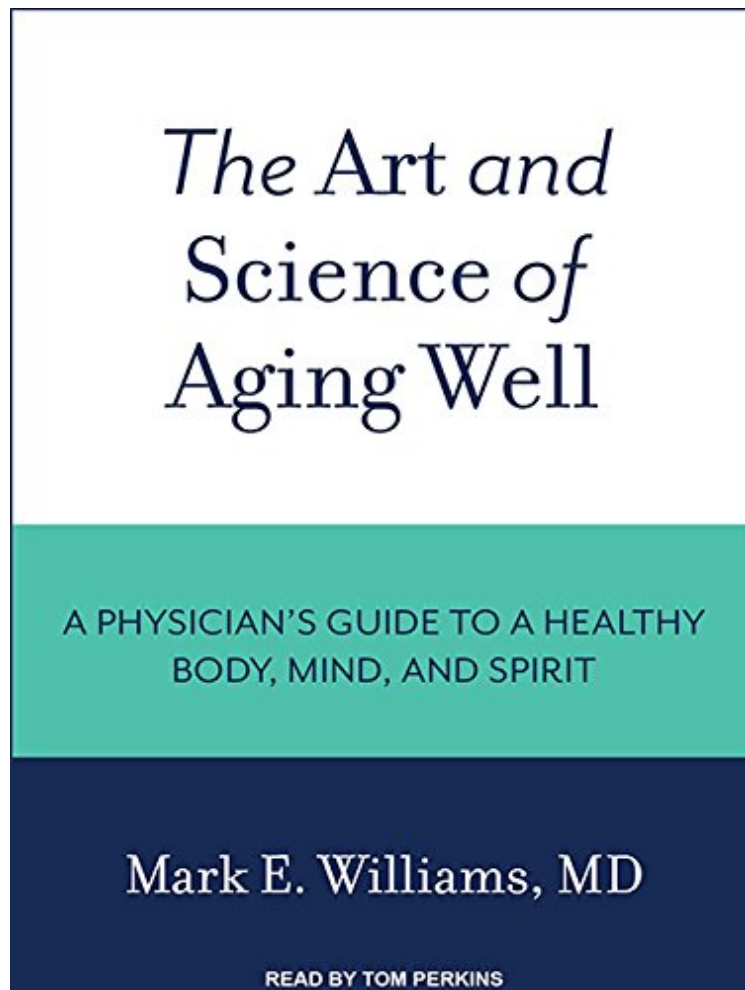


(Download pdf ebook) The Art and Science of Aging Well: A Physician's Guide to a Healthy Body, Mind, and Spirit

## The Art and Science of Aging Well: A Physician's Guide to a Healthy Body, Mind, and Spirit

Mark E. Williams MD  
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#1953163 in Books 2016-08-08 2016-08-08 Formats: Audiobook, MP3 Audio, Unabridged Original language: English PDF # 1 7.40 x .60 x 5.30l, Running time: 8 Hours Binding: Audio CD | File size: 59.Mb

**Mark E. Williams MD : The Art and Science of Aging Well: A Physician's Guide to a Healthy Body, Mind, and Spirit** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art and Science of Aging Well: A Physician's Guide to a Healthy Body, Mind, and Spirit:

8 of 8 people found the following review helpful. Mark Williams's book is GREAT! In it By Rabbits Rafferty Mark Williams's book is GREAT! In it, he presents 5 goals for all people to work toward as they grow older. The research-based reason for each goal is explained, and practical, hands-on ways to accomplish it follow. The book is full of relevant quotes from famous people and humorous anecdotes that make it fun and interesting to read. I have added it

to my personal library and plan to recommend it to family and friends. 9 of 10 people found the following review helpful. A MUST read By Customer A MUST read for both those of us who are indeed aging and those who work in the field of gerontology! Mark Williams, through historical and artistic perspectives, shows us that old age is a time of growth, not decline. I was again reminded of how exquisitely complex and unique our bodies and minds are and continue to be as we grow older. But I enjoyed reading the book most of all because it was like having an amazing, fact filled discussion with a good friend over coffee! Enjoy!! 1 of 1 people found the following review helpful. Five Stars By Marissa I was fortunate enough to take a course from the charming, intuitive Dr. Williams. His patients are very blessed!

In the past century, average life expectancies have nearly doubled, and today, for the first time in human history, many people have a realistic chance of living to eighty or beyond. As life expectancy increases, Americans need accurate, scientifically grounded information so that they can take full responsibility for their own latter years. In *The Art and Science of Aging Well*, Mark E. Williams, MD, discusses the remarkable advances that medical science has made in the field of aging and the steps that people may take to enhance their lives as they age. *The Art and Science of Aging Well* gives a realistic portrait of how aging occurs and provides important advice for self-improvement and philosophical, spiritual, and conscious evolution. Williams argues that we have considerable choice in determining the quality of our own old age. Refuting the perspective of aging that insists that personal, social, economic, and health care declines are persistent and inevitable, he takes a more holistic approach, revealing the multiple facets of old age. Williams provides the resources for a happy and productive later life.

[An] information-packed overview, [that] both encourages us and shows us how to make ourselves as fit, and the years ahead as fulfilling, as possible.--*The Wall Street Journal* A surprisingly inspiring look at aging for both older people and those who love them.--*Library Journal* I know of no other work in our field on the aging process which provides such impressive scholarship and insight. In a work of great merit and uncommon insight, Mark Williams balances optimism with realism, debunking negative stereotypes while providing practical ways of dealing with the losses that accompany the aging process. This compelling, concise, and informative book will be of great utility for older and middle-aged persons who are concerned about their own aging process.--William B. Applegate, Sticht Center on Aging, Wake Forest University Baptist Medical Center Mark Williams is one of America's most distinguished and experienced gerontologists. He has devoted his career to the care of elderly persons and to modeling caring for countless students. *The Art and Science of Aging Well* is a treasure trove of useful and helpful insights.--Nortin Hadler, author of *Rethinking Aging* and *By the Bedside of the Patient* About the Author Mark E. Williams, MD, is clinical professor of medicine at the University of North Carolina, with an active clinical practice in Wilmington, North Carolina. An award-winning audio engineer for over forty years, Tom Perkins has expanded his skills to narrating and has more than sixty titles to his credit. He learned by working with the world's best voice talent during his career, and he continues to engineer a variety of projects.