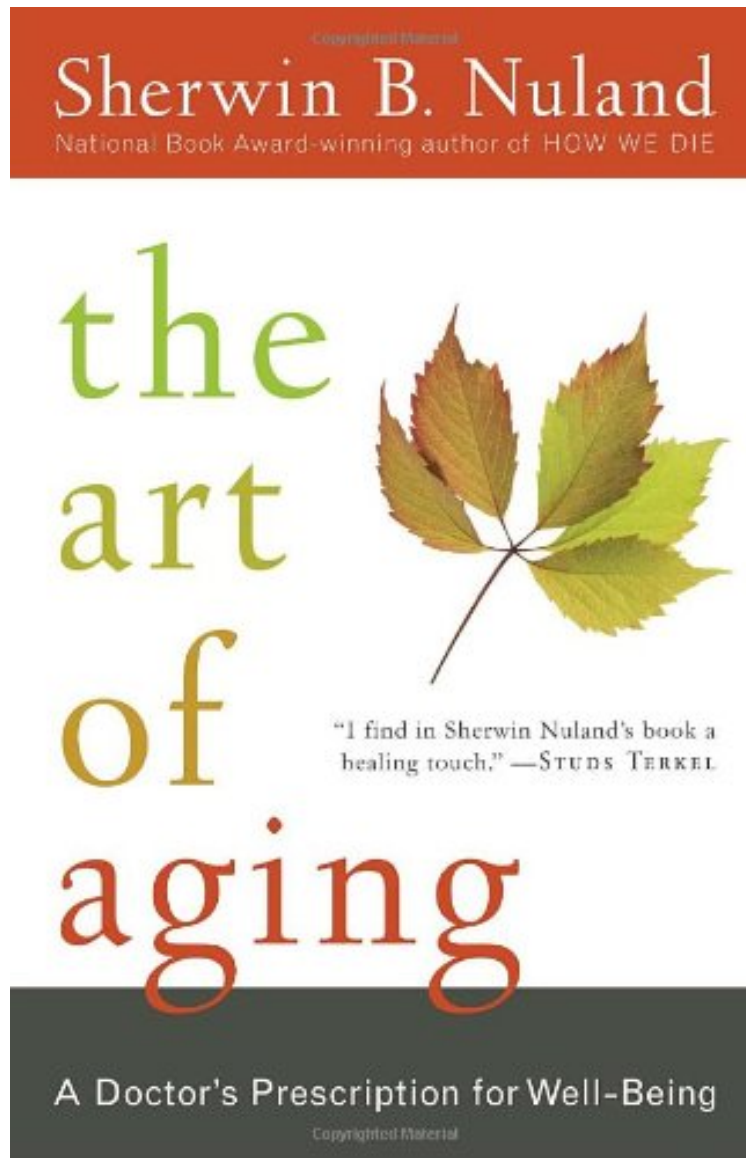


[E-BOOK] The Art of Aging: A Doctor's Prescription for Well-Being

# The Art of Aging: A Doctor's Prescription for Well-Being

*Sherwin B. Nuland*

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#336111 in Books Nuland, Sherwin B. 2008-05-06 2008-05-06 Original language: English PDF # 1 8.00 x .80 x 5.20l, .71 #File Name: 0812975413336 pages | File size: 23.Mb

**Sherwin B. Nuland : The Art of Aging: A Doctor's Prescription for Well-Being** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art of Aging: A Doctor's Prescription for Well-Being:

0 of 0 people found the following review helpful. Three Stars By MEJ Interesting book but not as good as "How We Die" by the same author. 0 of 0 people found the following review helpful. This makes it very interesting and an easy

read. By Mille This book is very informative and provides a positive view of aging. The author includes several personal stories as well as stories about some of his patients. This makes it very interesting and an easy read. 0 of 0 people found the following review helpful. A first rate prescription By Ronald R. Cavanagh No one over the age of 65 should go without reading this book. The people are real the lessons are important and the advice is given in a low key convincing manner. Since we all have to do it if we were lucky it is good to be prepared. Read the book, you will learn from it and enjoy. Ron Cavanagh

In his landmark book *How We Die*, Sherwin B. Nuland profoundly altered our perception of the end of life. Now in *The Art of Aging*, Dr. Nuland steps back to explore the impact of aging on our minds and bodies, strivings and relationships. Melding a scientist's passion for truth with a humanist's understanding of the heart and soul, Nuland has created a wise, frank, and inspiring book about the ultimate stage of life's journey. The onset of aging can be so gradual that we are often surprised to find that one day it is fully upon us. The changes to the senses, appearance, reflexes, physical endurance, and sexual appetites are undeniable and rarely welcome and yet, as Nuland shows, getting older has its surprising blessings. Age concentrates not only the mind, but the body's energies, leading many to new sources of creativity, perception, and spiritual intensity. Growing old, Nuland teaches us, is not a disease but an art and for those who practice it well, it can bring extraordinary rewards. I'm taking the journey even while I describe it, writes Nuland, now in his mid-seventies and a veteran of nearly four decades of medical practice. Drawing on his own life and work, as well as the lives of friends both famous and not, Nuland portrays the astonishing variability of the aging experience. Faith and inner strength, the deepening of personal relationships, the realization that career does not define identity, the acceptance that some goals will remain unaccomplished—these are among the secrets of those who age well. Will scientists one day fulfill the dream of eternal youth? Nuland examines the latest research into extending life and the scientists who are pursuing it. But ultimately, what compels him most is what happens to the mind and spirit as life reaches its culminating decades. Reflecting the wisdom of a long lifetime, *The Art of Aging* is a work of luminous insight, unflinching candor, and profound compassion. From the Hardcover edition.

From Publishers Weekly The septuagenarian surgeon whose brutally honest demythologization of death in *How We Die* garnered a National Book Award offers a mushier, platitude-filled treatise on aging, calling it a "gift" that establishes boundaries in our lives, making everything within those boundaries all the more precious. Brief, frank descriptions of droopy penises, declining hormone levels and loss of hearing and bone density are accompanied by reminders that stroke is not a normal consequence of aging and that our bodies are like cars and taking good care of parts extends their usefulness. A gushing tribute to pioneering cardiac surgeon Michael DeBakey, now aged 98, teaches the importance of knowing one's limitations and learning to function within them, while now-80-year-old actress Patricia Neal recalls how sheer stubbornness and a browbeating husband enabled her recovery from a debilitating stroke at 39. Nuland learned life lessons from two fans, a cancer survivor who understands that it's her response to adversity, and not the adversity itself, that shapes her future, and a formerly depressed octogenarian who now doesn't allow herself the "luxury" of despair. Although some of Nuland's devotees will be comforted by his hopeful if familiar advice, others seeking more of the bracing, defiant insights that made him famous will be disappointed. (Mar. 6) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Booklist In the penultimate chapter, on wisdom, Nuland says he hopes to "avoid the great temptation of waxing ponderous." Too late. All too many of the preceding chapters are eye-rollingly boring in spots or, when they consist largely of medical and physiological data, almost throughout. At least there are no graphs; better yet, despite the subtitle, this is not a self-help tome. But Nuland is far too good a writer to give us a thoroughly dull book, and as we know from his previous best-sellers and prize winners, beginning with *How We Die* (1994), when he writes about his own experiences and particular people, his is as good as narrative nonfiction gets. Two chapters are outstanding; each of them is primarily a profile of an extraordinary person. One focuses on the greatest living cardiologist, Michael DeBakey, who remains professionally and otherwise active at 98. The other profiles the brilliant English eccentric Aubrey de Grey, who has made himself a one-man explanatory and promotional army for the notion that human life is vastly extendable and that maximum longevity is every person's most important right. A couple of other chapters containing portraits of vigorous survivors of severe disease incidents (stroke, heart attack, etc.) are pretty absorbing, and all the advice on aging is sound and unfaddish, despite being tedious. Ray Olson Copyright American Library Association. All rights reserved. About the Author A clinical professor of surgery at Yale University, Sherwin B. Nuland is the author of numerous books including *How We Die: Reflections on Life's Final Chapter*, which won the National Book Award; *Lost in America: A Journey with My Father*; *Maimonides*; and *Leonardo da Vinci*. He lives in Hamden, Connecticut. From the Hardcover edition.