



# The Essential Guide to Aging in the Twenty-First Century: Mind, Body, and Behavior

*Donald H. Kausler, Barry C. Kausler, Jill A. Krupsaw*

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For more than a decade, *The Graying of America* has helped thousands of middle-aged and senior citizens find their way through the thickets and thorns of growing old. Now greatly revised and expanded to include information gleaned from studies of the past five years, this third edition has been retitled to stress its ongoing purpose: conveying a wealth of commonsense information for general readers in nontechnical language.

The book is a storehouse of concise, useful information on the effects of aging on health, the mind, and behavior. Its 588 entries (including 172 new and 150 substantially revised) cover a broad spectrum of topics—from adjusting to retirement to grandparenting, sleep disorders to Alzheimer’s disease. All are directed to the average reader; all stress successful aging and how to accomplish it.

New entries cover such topics as the incidence and causes of frailty, the cognitive benefits of diversified activity, and findings of the Women’s Health Initiative. There is new information on matters like the effects of untreated hearing impairment on spouses and the impact of insufficient exposure to sunlight on sleep, plus new insight into what to look for in searching for a quality nursing home for a loved one.

Also included are results of recent studies on interventions that help to reduce age-related declines in mental and physical health, among them revelations that reports on age-related declines in memory have been skewed by testing errors. And with memory a concern for seniors fearful of declining mental agility, the book tells how to bypass memory problems—such as how to remember where you parked your car—and how physical exercise and challenging mental games can help reduce the risk of dementia. Other “how to avoid” entries offer ways to protect against eye fatigue in computer use, hip fractures when falling, and back injuries while lifting heavy objects.

No other book is so specifically geared to the challenges of how to reduce or even eliminate many of the problems associated with growing old. *Aging in the Twenty-First Century* can help seniors come to grips with their own aging process—and help younger adults understand what is happening to older family members.

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