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

By Sherwin B Nuland

Random House USA Inc. Paperback / softback. Book Condition: new. BRAND NEW, The Art of Aging: A Doctor's Prescription for Well-Being, Sherwin B Nuland, 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,"...



#### Reviews

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