



# **Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives**

*David Snowdon*

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In 1986 Dr. David Snowdon, one of the world's leading experts on Alzheimer's disease, embarked on a revolutionary scientific study that would forever change the way we view aging—and ultimately living. Dubbed the “Nun Study” because it involves a unique population of 678 Catholic sisters, this remarkable long-term research project has made headlines worldwide with its provocative discoveries.

Yet **Aging with Grace** is more than a groundbreaking health and science book. It is the inspiring human story of these remarkable women—ranging in age from 74 to 106—whose dedication to serving others may help all of us live longer and healthier lives.

Totally accessible, with fascinating portraits of the nuns and the scientists who study them, **Aging with Grace** also offers a wealth of practical findings:

- Why building linguistic ability in childhood may protect against Alzheimer's
- Which ordinary foods promote longevity and healthy brain function
- Why preventing strokes and depression is key to avoiding Alzheimer's
- What role heredity plays, and why it's never too late to start an exercise program
- How attitude, faith, and community can add years to our lives

A prescription for hope, **Aging with Grace** shows that old age doesn't have to mean an inevitable slide into illness and disability; rather it can be a time of promise and productivity, intellectual and spiritual vigor—a time of true grace.

*From the Trade Paperback edition.*

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#### **Kristen Hamilton:**

Spent a free time to be fun activity to complete! A lot of people spent their sparetime with their family, or all their friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives can be very good book to read. May be it could be best activity to you.

#### **Ryan Maggard:**

Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you have done when you have spare time, subsequently why you don't try point that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives, it is possible to enjoy both. It is great combination right, you still want to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't get it, oh come on its called reading friends.

#### **Ronald Tanaka:**

In this period of time globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. The actual book that recommended to you personally is Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives this book consist a lot of the information from the condition of this world now. This particular book was represented how can the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. The actual writer made some investigation when he makes this book. That is why this book acceptable all of you.

#### **Wendy Fuller:**

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