



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

*Mark E. Williams M.D.*

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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, M.D., 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. Through his own observations and by use of the most current medical research, Williams offers practical advice to help aging readers and those who care for them enjoy personal growth and approach aging with optimism and even joy.

*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.

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