



Encyclopedia of Health and Aging: Complete Guide to Well-Being in Your Later Years

Evelyne Michaels

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Aging well has always been a challenge. But until recently, little attention was paid to the unique needs and concerns of older women and men. Most books on aging have focused on disability, or directed information toward caregivers, as though older people are somehow unable or unwilling to take responsibility for their own health and well-being.

Now there's a book which acknowledges the reality of aging, without overlooking the strength and survivorship of those who grow old. *The Encyclopedia of Health and Aging*, by author Evelyne Michaels, helps older people take control of their health instead of waiting passively to be cared for by others.

Prepared in cooperation with Baycrest Centre for Geriatric Care—one of the leading geriatric health facilities in North America—the encyclopedia equips older people with vital knowledge about growing older. In this encouraging guide, readers learn:

- What they can do to age well, both physically and mentally
- How growing older influences appetite, sleep, fitness, sexuality and more
- How to prevent or treat specific aches, pains and common complaints
- How to choose a doctor for problems affecting the brain, behavior and emotions
- How to cope when illness or family problems occur

The Encyclopedia of Health and Aging is a comprehensive guide that gives older people—and those approaching older age—answers they need to live life to the fullest.

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