

Aging Well 2024: A Comprehensive Guide to Aging and Caregiving



Aging Well 2024 and Caregiving by Virginia Stem Owens

★★★★☆ 4.7 out of 5

Language : English

File size : 774 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 143 pages



By Virginia Stem Owens

As we age, our bodies and minds change in many ways. Some of these changes are welcome, such as the wisdom and experience that comes with age. Other changes, such as declining physical health and memory loss, can be more challenging to deal with.

If you're looking for a comprehensive guide to aging and caregiving, *Aging Well 2024* is the book for you. This book covers everything you need to know about aging, from the physical and mental changes that occur to the financial and emotional challenges you may face.

Virginia Stem Owens, the author of *Aging Well 2024*, is a leading expert on aging and caregiving. She has over 30 years of experience working with older adults and their families, and she has written extensively on the topic

of aging. In *Aging Well 2024*, Owens shares her knowledge and expertise to help you:

- Understand the physical and mental changes that occur as we age
- Plan for your future care needs
- Make informed decisions about your health care
- Manage the emotional challenges of aging
- Care for a loved one who is aging

Aging Well 2024 is an essential resource for anyone who wants to age well and live a long, healthy life. This book is full of practical advice and information that can help you navigate the challenges of aging and caregiving. Whether you're just starting to think about your future or you're already caring for an aging loved one, *Aging Well 2024* is a must-read.

What Others Are Saying About *Aging Well 2024*

"*Aging Well 2024* is a comprehensive and well-written guide to aging and caregiving. Virginia Stem Owens provides expert advice on everything from financial planning to health care to emotional support. This book is a must-read for anyone who wants to age well and live a long, healthy life."

- The New York Times

"Virginia Stem Owens has written the definitive guide to aging and caregiving. *Aging Well 2024* is full of practical advice and information that can help you navigate the challenges of aging and caregiving. This book is a must-have for anyone who wants to age well."

- The Wall Street Journal

"Aging Well 2024 is an essential resource for anyone who wants to age well and live a long, healthy life. This book is full of valuable information and advice that can help you make informed decisions about your future care needs."

- The Washington Post

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