1.4: Optional Resources

**Healthy Aging: A Lifelong Guide to Your Well-Being**

*Andrew Weil, MD. Anchor Books, 2005.*

Drawing on the new science of bio-gerontology (the biology of aging) as well as on the secrets of healthy longevity — diet, activity and attitude — Dr. Weil explains that there are a myriad of things we can do to keep our bodies and minds in good working order through all phases of life.

*This is a preview of Healthy Aging: A Lifelong Guide to your Physical and Spiritual Well-Being provided by Google Books. More information on the book and/or author can be found [here](#).*

**The Art of Aging: A Doctor’s Prescription for Well-Being**


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.

*This is a preview of The Art of Aging: A Doctor’s Prescription for Well-Being provided by Google Books. More information about the book and/or author can be found [here](#).*