

# The American Geriatrics Society's Complete Guide to Aging and Health: How We Age\*Caring for Parents\*Long-Term Care Choices\*Wise Health Care Decisions\* ... Care Financing\*Analysis of Common Ailments

Mark Williams M.D.

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The essential reference for all aging Americans and their families, and the most important, comprehensive, and useful guide of its kind ever published. Covers: how we age, how to make wise health-care decisions, alternatives for long-term care, and aging and public policy.



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