



# **The Graying of America: An Encyclopedia of Aging, Health, Mind, and Behavior (2d ed.)**

*Donald H Kausler*

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# The Graying of America: An Encyclopedia of Aging, Health, Mind, and Behavior (2d ed.)

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This second edition of The Graying of America greatly expands and updates the most comprehensive reference book on aging that is readily accessible to the lay reader. Featuring non-technical language, user-friendly indexes, and more than 150 new entries, the second edition covers new topics such as acupuncture, wheelchairs, adjusting to bifocals, preparing for traveling, improving communication with physicians, and avoiding eye strain in computer use. Among other updates are more detailed coverage of health problems including arthritis, diabetes, osteoporosis, and various kinds of cancer, as well as advice on reducing the stress of caring for a family member with Alzheimer's disease. In addition to discussing hundreds of common ailments and conditions, Kausler and Kausler provide constructive guidance on regular physical activity, mental stimulation, and other behaviors that promote successful aging.

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