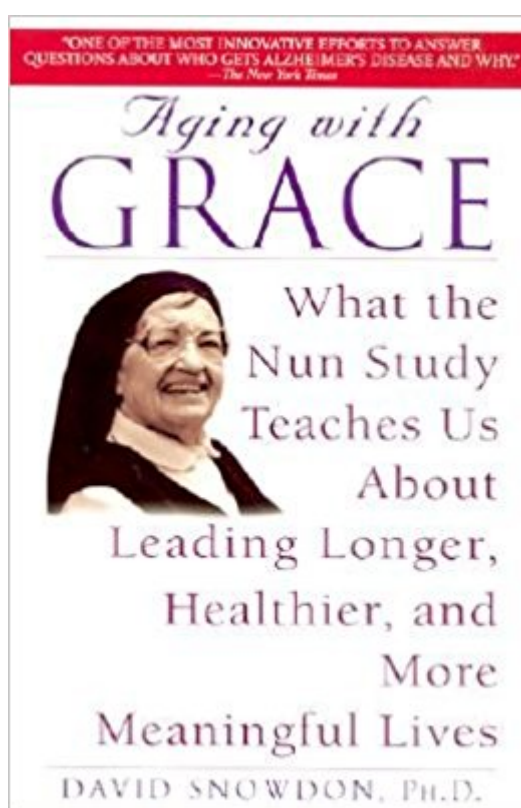


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# Aging With Grace: What The Nun Study Teaches Us About Leading Longer, Healthier, And More Meaningful Lives [AGING W/GRACE]



## Synopsis

Aging With Grace : What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives by David Snowdon. Bantam Books, Inc.,2001

## Book Information

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## Customer Reviews

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This book is so well written and readable. He weaves the story of his research project around the lives of particular nuns who illustrate the topic of that chapter. Lots of very good information too with recommendations on what you should be doing throughout your life and into your golden years to be able to live a long, productive live with most of your mental faculties.

Purchased this book because it was required for a gerontology graduate course, but the course hasn't even started yet & I've already read this book. I really, truly enjoyed it. Not so much technical language that someone not in the fields discussed couldn't understand/keep up. The more technical parts, such as brain anatomy, are explained in a non-condescending way so the reader can comprehend the full story while also taking away new latent knowledge.

AWESOME BOOK!!! Dr. Snowdon managed to take a super scientific study and make it super exciting, understandable and gave it a personal side. I gave this book as gifts to my mother, my aunt, my friend and I forget who else. I have also recommended it to many people facing

Alzheimer's or, better, with relatives who have it. This book was so helpful and yet WAY more interesting than most journal articles and understandable for anyone and everyone!

This book was talked about by my 70-something parents when they visited me in November. They live in Illinois and said this book was making the rounds (although it was published in 2001, but given their age now, perhaps it was of interest to them now in their lives). I decided to read it on my kindle, and I loved it. It's the story of a guy who utilized a group of nuns to conduct research on Alzheimer's disease. I recommend it for any age. It's not about the nuns or their faith, as it is about something they did to benefit mankind: their decision to consent to the research, including donating their brains to science for further research after their Earthly existence had ended.

As the daughter of an aging parent, I am interested in learning as much as I can about the aging process for the sake of my mother, myself and other family members/friends. This book is a gem. It is a moving and personal account by the scientist who led an amazing longitudinal study of a group of nuns. This study was unique in a way that no other Alzheimer's study has been. As I read the book, I felt as though I was walking alongside the author, David Snowdon, and getting to know each and every nun. It was a privilege to share David's insight into this special community of women (many of whom live past the age of 100). When David finally decided to focus his research on Alzheimer's, he struggled with asking the nuns to sign a release form for their brains to be donated to Alzheimer research (after death). He was astonished when Sister Rita Schwalbe spoke up and said, "As sisters, we made the hard choice not to have children. Through brain donation, we can help unravel the mysteries of Alzheimer's disease and give the gift of life in a new way to future generations." Although Alzheimer's is still a mystery in many ways, this study helped illuminate several correlations. Depression and stroke puts a person at risk. High density ideas/complex sentences found in the nuns' handwritten autobiographies seemed to diminish risk. Faith and community, purposeful work and service, healthy eating, exercise all seemed to be positive factors in prevention. Since 50% of persons over 90 years old will get Alzheimers, it is likely that many of our family/friends will be touched by this disease. Reading this book is not only a joy in getting insight into this wonderful community of nuns but also in highlighting the risk factors and research being done around the disease of Alzheimer's. Dale C[...] ("Transition Aging Parents")

Having a husband who has been diagnosed with Alzheimers for five years, I try to read any information I can to help me understand this disease. When a friend of mine gave me her book, I

was surprised. I am not Catholic and so I wondered about how reading about a Nun Study would help me. Well, I could not put this book down! Knowing my husband for 38 years, I totally agree that having a good outlook on life is the key to not getting this disease. He has become the most negative person I have ever met and has been for many, many years. Being positive and having a hunger for knowing God is the key to having a healthy mind. The Bible speaks volumes about renewing your mind and I have actually read testimonies of people whose brains have been injured getting back their minds totally by reading the Word of God. I am grateful I have a book I can recommend to those who are afraid of getting this disease and what to do about it!

This is an amazing read. I highly recommend it for everyone! Very important research about how we age, told in a friendly, anecdotal manner.

It is an amazing story teaching us how someone's life style can influence his health and life-time span. An equilibrium between psyche and soma (mental activity, religious meditation, physical exercise, proper diet and living in supporting social environment) seems to be a solution for maintaining health as long as possible and live happy and long life.

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Ageing with Grace: What the Nun Study Teaches Us about Leading Longer, Healthier, and More Meaningful Lives [AGING W/GRACE] Ageing with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) The Telomerase Revolution: The Enzyme That Holds the Key to Human Aging and Will Lead to Longer, Healthier Lives 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Intermittent Fasting: The Secret Way to Lose Fat and Build Muscle While Maximizing Your Potential for Living a Longer, Healthier, and More Productive Life Peter Sloan Teaches How to Draw Cartoons: The Face (Sloan Teaches Book Series 1) The Grace to Race: The Wisdom and Inspiration of the 80-Year-Old World Champion Triathlete Known as the Iron Nun Sex: 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE Gift Inside) (How To Last Longer In Bed, Attract Women, ... Starved Marriage, Sex Guide) (What Is Sex) How to Last Longer in Bed: Discover How to Increase Stamina and Last Longer in Bed Intermittent Fasting: How to Unlock the Benefits of Intermittent Fasting to Achieve Weight Loss, Build Muscle, and Live a

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