

Aging is a mystery for most—something that just happens, a complex labyrinth. In *A New Wrinkle*, author and clinical gerontologist Eric Z. Shapira provides a wide range of information to help people adapt to aging and make it their friend. Designed as a model on how to be prepared for the aging process, *A New Wrinkle* uses real-life examples, anecdotes, and tips to help you learn about yourself, how you think, and how you feel in light of getting older. It covers a wide range of topics affected by aging, including memory, chronic disease, physical changes, sex, dying, and death. It also includes advice and insight for managing families in crises, handling transitions, choosing caregivers, and creating win-win situations for families and their caregivers. Aging is a process that starts with birth. *A New Wrinkle* helps you to make choices for a life that is worth living from start to finish. You can make the most out of aging and learn ways to live a productive life instilled with dignity and good health.

Loose Ends: A Mary O'Reilly Paranormal Mystery - Book One (Mary O'Reilly Paranormal Mysteries), The Complete Guide to Foot Reflexology, Understanding Leadership (Paperback), Magnificent Quest: Life, Death & Eternity, Partners or Competitors?: The Prospects for U.S.-European Cooperation on Asian Trade, Centocinquantanni di finanza pubblica in Italia (Italian Edition),

A New Wrinkle is a good guide to what to learn about and implement. *A New Wrinkle: What I Learned from Older People Who Never Acted Their Age*, by E. Z. Shapira. New York, NY: iUniverse, , pages. *A New Wrinkle: What I Learned from Older People Who Never Acted Their Age*. Front Cover · Dr. Eric Z. Shapira. iUniverse, Jul 7, - Self-Help - pages.

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