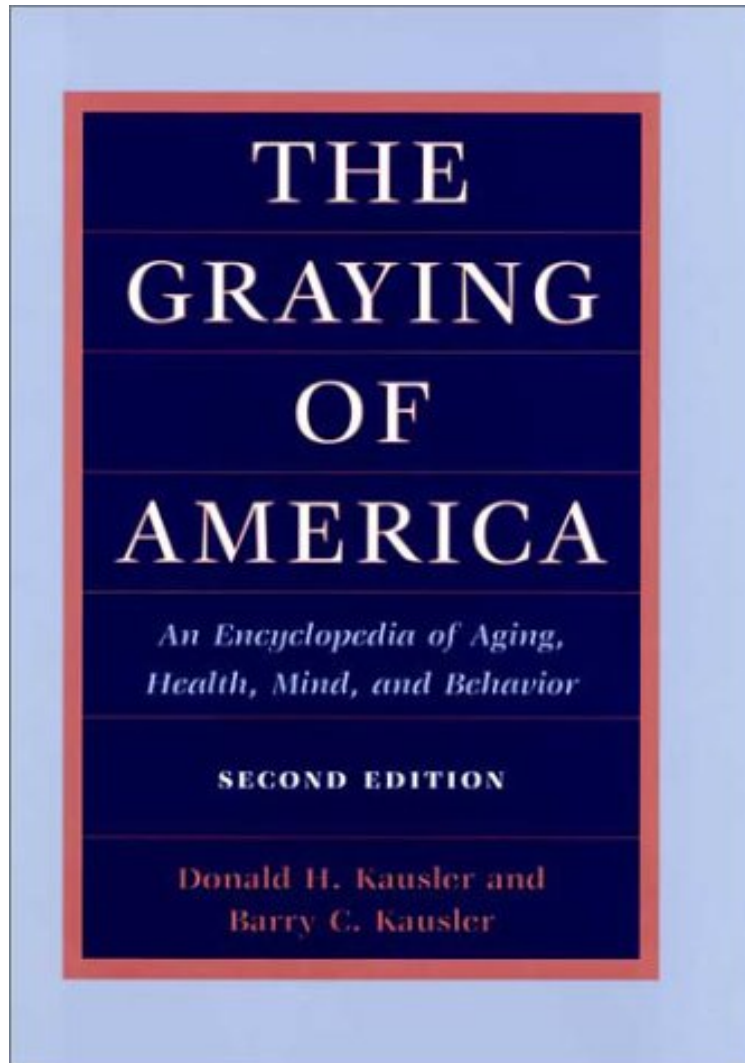


(Get free) The Graying of America: An Encyclopedia of Aging, Health, Mind, and Behavior (2d ed.)

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

Donald H Kausler

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Donald H Kausler : The Graying of America: An Encyclopedia of Aging, Health, Mind, and Behavior (2d ed.) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Graying of America: An Encyclopedia of Aging, Health, Mind, and Behavior (2d ed.):

7 of 7 people found the following review helpful. Exceptional reference for professionals and general interest By Donna Ancypa Holmes Thoughtfully written, interesting from cover to cover and painstakingly comprehensive - there isn't much more you could ask from a reference book, particularly if you're not an expert on the subject. I really enjoyed reading The Graying of America, and found it much more interesting (and less dry) than I expected. As a

gerontology novice who works as a volunteer with hospice patients, I wanted something that would show me many facets of living with aging, rather than my usual reading on coming to terms with dying. This book fit the bill to a "T", and I would imagine it would have a place on the bookshelf of anyone interested in aging well and understanding the life of the elderly.

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.

From Booklist The objective of this encyclopedia is to "relate in nontechnical language the results of . . . research about the health, mental functioning, and social functioning" of the elderly. The 300 articles define terms relevant to the aging process and describe and interpret research results in the areas of the biology, psychology, and sociology of aging. Research findings on such topics as Alzheimer's Disease, Incidence of Disability, Automobile Accidents, Memory, and Nutrition are presented. Most articles are several pages in length, and research results are given within the context of the specific study. The authors are careful to state who the elderly population was compared to: younger adults, other groups of elderly, or the population at large. Mental and diagnostic tests are explained, and there are essays on long-term studies of aging. Unfortunately, there are no bibliographic references to the original studies. An index of entries with cross-references is followed by an index of entries arranged under 14 broad topics. See also references are cited in the text of entries. The research information presented here is scientific in nature, but the vocabulary and the examples used to illustrate the results of the studies make the information accessible to the general reader; thus the book is a candidate for public library collections. Students and health professionals, especially those in the field of gerontology, will also find the encyclopedia of particular interest. *The Encyclopedia of Aging and the Elderly* (Facts On File, 1992) emphasizes specific diseases and practical advice to the aging, not research. "An alphabetical listing of sources and issues of particular interest to older people. This new updated edition is useful, comprehensive, and well-written." -- *Arkansas Times* "Intended for general readers, this volume clearly explains various aspects of aging in nontechnical language. Topical coverage is very broad, and the selection of subjects appears to reflect both currently popular areas and the authors' own interests." -- *Choice* From reviews of the first edition: "The Graying of America represents a Herculean effort to educate patients... It is an educational and informational resource, easy to read, practical and useful." -- Eugene J. Rogers, M.D., *Chicago Medicine* "Readily accessible and easily understood by general readers, this source is highly recommended for college and university libraries, and for any reader interested in aging, old age, or gerontology in the contemporary U.S." -- *Choice*