



Family Psychology Associates

Strengthening relationships...improving lives.

### Reading List: Seniors

Successful Aging

By John Rowe, M.D., and Robert Kahn, Ph.D.

The Virtues of Aging

By Jimmy Carter

Dare to Be 100

By Walter M. Bortz II, M.D.

Age Power : How the 21st Century Will Be Ruled by the New Old

By Ken Dychtwald

America the Wise : The Longevity Revolution...

By Theodore Roszak

I'll Retire Tomorrow

By Daniel R. Seagren

Healthy Aging: A Lifelong Guide to Your Well-Being

By Andrew Weil, M.D.

The Longevity Bible

By Gary Small, M.D.

Count Down Your Age

By Frederick J. Vagnini, M.D. and David Bunnell

How to Say It To Seniors

By David Solie

Minding Our Elders: Caregivers Share Their Personal Stories

By Carol Bradley

The Parent Care Conversation

By Dan Taylor

The 36-Hour Day

By Mace and Rabins

The Four Things That Matter Most: A Book About Living  
By Ira Byock

Alzheimer's From the Inside Out  
By Richard Taylor

My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to Caring for Your Loved Ones  
By Dennis McCullough

Hugging Grandma: Loving Those With Memory Disorders  
By Zina Kramer

Senior Writing: A Brief Guide for Seniors Who Want to Write  
By Marlys Marshall Styne

A Dignified Life: The Best Friend's Approach to Alzheimer's Care, A Guide for Family Caregivers  
By Virginia Bell and David Troxel

The Senior Organizer: Personal, Medical, Legal, Financial  
By Dorothy K. Breininger, Debbie S. Bitticks, Lynn Benson

Taking Care of Mom and Dad: The Money, Politics and Emotions That Come With Supporting Your Parents  
By Mike Rust

Happiness: The Road to Well-Being  
By Donald L. Kjelleren

The Real Truth About Aging: A Survival Guide For Older Adults and Caregivers  
By Neil Shulman, M.D., Michael A. Silverman, M.D., MPH, and Adam G. Golden, M.D., MBA

Audacious Aging  
Edited by Stephanie Marohn

**Websites:**

[Agingcarefl.org](http://Agingcarefl.org)