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## Aging Well Guideposts To A Happier Life

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My favorite quote: [Aging well means] "learning to live with neither too much desire and adventure nor too much caution and self-care. ... Rather, successful aging means giving to others joyously whenever one is able, receiving from others gratefully whenever one needs it, and being greedy enough to develop one's own self in between."

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Aging alters the way people sleep, so when your loved one is up, you tend to be too. Changes in hormone levels affect "sleep architecture," the cycle of progressing through different stages of sleep, which means that older adults often experience less deep sleep and wake up more frequently throughout the night (Insomnia and Seniors, Sleepfoundation.org, 9/28/20) .

7 Tips to Improve Your Loved One's Sleep Routine, as Well ...

AGING WELL: SURPRISING GUIDEPOSTS TO A HAPPIER LIFE. George E. Vaillant, MD. New York: Little, Brown & Co., 2002. Pp. 273- \$14.99 ISBN 0-316-09007-7. Pb. Reviewed by Kathryn R. Ward and Geoffrey W. Sutton (Evangel University/Springfield, MO). What are the key factors in successful aging? Dr. Vaillant, a noted psychiatrist, researcher, and director of the Harvard Study of Adult Development ...

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Watching my parents age is difficult and painful—as it is for many of us. I can't stop the aging process. However, there is one thing I can do every day for them. I can pray and follow their example. They taught me to pray for all things and believe nothing is impossible with God. When I was hospitalized as an eight-year-old with a kidney ...

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