**Healthy Aging:**

*The Second Fifty: Your Roadmap to Fitness and Healthy Living -*

*Authors:* Tom Geimeir & Jerry E. Auton

*The Wonder of Aging: A New Approach to Embracing Life AfterFifty*

*Author:* Michael Gurian

*Mayo Clinic on Healthy Aging; Answers to Help you Make the Most of the Rest of Your Life*

*Authors:* Mayo Clinic Series contributors

*Quantitative Medicine: Using Targeted Exercises and Diet to Reverse Aging and Chronic* *Illness*

*Authors:* Mike Nichols & Charles Davis

*How to Achieve Healthy Aging – Second Edition*

*Author:* Neal Rouzier

*Healthy Aging: A Lifelong Guide to Your Well-Being*

*Author:* Lewis Richmond

*Aging Well*

*Author: George E. Vaillant, M.D.*

*Creative Aging: Rethinking Retirement and Non-Retirement in a Changing World Author: Marjory Zoet Bankson*