



Reading List: Seniors

1. **Age Power : How the 21st Century Will Be Ruled by the New Old** By Ken Dychtwald
2. **America the Wise : The Longevity Revolution** By Theodore Roszak
3. **Count Down Your Age** By Frederick J. Vagnini, M.D. and David Bunnell
4. **Dare to Be 100** By Walter M. Bortz II, M.D.
5. **Healthy Aging: A Lifelong Guide to Your Well-Being** By Andrew Weil, M.D.
6. **How to Say It To Seniors** By David Solie
7. **I'll Retire Tomorrow** By Daniel R. Seagren
8. **Minding Our Elders: Caregivers Share Their Personal Stories** By Carol Bradley
9. **Successful Aging** By John Rowe, M.D., and Robert Kahn, Ph.D.
10. **The 36-Hour Day** By Mace and Rabins
11. **The Longevity Bible** By Gary Small, M.D.
12. **The Parent Care Conversation** By Dan Taylor
13. **The Virtues of Aging** By Jimmy Carter