



## ENLIGHTENED AGING: BUILDING RESILIENCE FOR A LONG, ACTIVE LIFE

by Eric B. Larson, MD, and Joan DeClaire

### **About the book**

A leading expert in the science of aging, Dr. Eric B. Larson offers practical advice for growing old with resilience and foresight. *Enlightened Aging* proposes a path to resilience that may help you stave off disability until very old age. Steps include being proactive, accepting the changes that come with growing older, and building strong physical, mental, and social reserves for a long, active life.

The book draws from Dr. Larson's decades of research, leading one of the largest and

longest studies aimed at preventing dementia. He also shares inspiring stories from his experiences with his patients, study participants, family, and friends.

### **About the authors**

Dr. Larson is executive director of Kaiser Permanente Washington Health Research Institute (KPWHRI) and professor of medicine and health services at the University of Washington. He is a primary care physician specializing in internal medicine and a member of the National Academy of Medicine.

Joan DeClaire is a journalist and director of communications at KPWHRI.

Dr. H. Gilbert Welch, director of the Dartmouth Institute for Health Policy and Clinical Practice, provides the foreword.

### **Reviews**

Dr. Larson "offers an empowering exploration, targeted to baby boomers, of ways to age healthfully while staving off disability and maintaining an active life. Rather than suggesting some 'magic bullet,' the authors focus on (*continued*)

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### **Reviews** (continued)

increasing resilience, the ability to recover from setbacks and adapt to changing circumstances, through building mental, physical, and social reserves.”—

### **Publishers Weekly**

“This can-do guide gives commonsense, doable advice on how to proactively create a path to a meaningful life. Refreshingly, Larson, a physician studying how to delay and prevent Alzheimer’s and declines in memory, promotes cost-free approaches rather than pushing particular medicines, supplements, or regimens. Instead, he recommends ways to build resilience by filling mental, physical, and social reserves.”—

### **Booklist**

“Kudos to Dr. Eric B. Larson for inspiring readers to take a proactive stance for their own health. He provides an informed approach to confronting the epidemic of over-treatment, over-diagnosis, and bad drugs older people face today. *Enlightened Aging* will help turn the tide.”—**Leana Wen, MD, MSc**, Health Commissioner, City of Baltimore; author of *When Doctors Don’t Listen: How to Avoid Misdiagnosis and Unnecessary Tests*

“Dr. Eric Larson offers a practical, positive, and humane perspective on the challenges of aging. He draws upon a rare combination of great clinical experience and in-depth knowledge of the research on aging. Dr. Larson is that caring physician who is dedicated to

finding what will work best for each elderly patient.”—**Edward W. Campion, MD**, Executive Editor, *New England Journal of Medicine*

“Dr. Larson’s easy-to-read, well-referenced book contains a wealth of important information, and it should be read by everyone who is aging: all of us.”—**Catherine DeAngelis, MD, MPH**, Professor Emerita, Johns Hopkins University Schools of Medicine and Public Health; Editor in Chief Emerita, *JAMA*

“Keep moving, learning, connecting. Dr. Eric Larson distills decades of research into lessons that can help all of us die young—as late as possible.”—**Harvey V. Fineberg, MD, PhD**, President, Gordon and Betty Moore Foundation; former President, Institute of Medicine

“I can tell you that I read *Enlightened Aging* with trepidation. Yet as I read, it brought a huge smile to my lips because here is sensible research-based advice, based on a huge population studied with the best methods, that tells you to become *resilient*, how to stay vital and vibrant. Get this book! And let it be your wise guide for getting better as you get older.”—**John M. Gottman, PhD**, author of *The Seven Principles for Making Marriage Work*; Co-Founder, The Gottman Institute

“*Enlightened Aging* distills and explains 30 years of gerontology about human aging into a wonderfully readable guide. By peppering the science with

stories about his patients, Dr. Larson spins an engaging narrative that should inspire every reader.”—**Risa Lavizzo-Mourey, MD, MBA**, former President and CEO, Robert Wood Johnson Foundation

“The personal, professional, and the public intellectual breadth of this book is mind boggling. Even more enlivening is the heartwarming embrace we feel from Eric Larson as the son, physician, and researcher.”—**Peter Whitehouse, MD, PhD**, Professor of Neurology, Case Western Reserve University School of Medicine

“We all share the same two goals for our personal end game—a long life and one that preserves our vitality until the end. Yet, information on how to achieve those goals is cluttered, confusing, and replete with overhyped promises. *Enlightened Aging* cuts through the clutter and offers sound, evidence-based advice from a wise physician and geriatrician.”—**Steven A. Schroeder, MD**, Distinguished Professor of Health and Healthcare, University of California, San Francisco; former President and CEO, Robert Wood Johnson Foundation

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[enlightenedagingbook.com](http://enlightenedagingbook.com)

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