

Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful

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~~What you can do to prevent Alzheimer's | Lisa Genova~~
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Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives. In 1986 Dr. David Snowdon, one of the world's leading experts on Alzheimer's disease, embarked on a revolutionary scientific study that would forever change the way we view aging—and ultimately living.

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The Nun Study's findings are already helping scientists unlock the secrets to living a longer, healthier life. Yet Aging With Grace is more than a groundbreaking health and hard-science book. It is the story of an altar boy who grew up to be a scientist studying the effects of aging on nuns.

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Aging with Grace provides individually tailored care solutions to enable clients of all ages to remain independent and secure in their own homes. We are not a franchise or national company and as such, provide a truly personal service to our clients. We believe in building strong relationships with our clients, their family and friends.

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