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LOOKING AFTER YOUR BODY

► An Owner's Guide to
Successful Aging



Looking After Your Body An Owners Guide To Successful Aging

Rachel Sandford



Looking After Your Body An Owners Guide To Successful Aging:

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Subject Guide to Books in Print, 1971 *Independence and Economic Security in Old Age* Frank Denton, 2011-11-01 As boomers move towards retirement the phenomenon of population aging has become a much publicized issue *Independence and Economic Security in Old Age* focuses on the economic and social implications of aging at the level of the individual and of society as a whole The product of a three year research program the book contains chapters by recognized experts in the fields of economics and econometrics sociology social work medicine epidemiology gerontology and nursing The book first looks at some basic demographic issues including the definition of old the changing age distribution of the population and the demographic outlook for the next several decades It then moves into the area of family relations health and economic security The concept of independence among the elderly is examined and the degree of preparedness for old age by different elderly or soon to be elderly cohorts is considered The measurable social contributions of the elderly are also discussed in juxtaposition with the benefits they receive The book continues with an examination of the saving behaviour of the elderly the appropriateness of the Consumer Price Index as a measure of inflation the incomes of older women and how the tax transfer system affects the incentives of Canadians to save for retirement Comprehensive and innovative in its consideration of the issues and implications of aging this book will be a valuable resource for specialists and non specialists interested in issues of population aging for students of gerontology economics sociology health studies social work and women's studies and for social planners and policy makers *The African American Woman's Guide to Successful Makeup and Skincare* Alfred Fornay, 2008-04-21 *The Ultimate Guide to Successful Makeup and Skincare for Every Woman of Color Who Wants to Look and Feel Her Best* A complete listing of cosmetic products tools to use and professional techniques to design your best look The best products for your skin type and the best colors for your complexion What corrective beauty products to buy and what regular skincare regimen to follow Solutions to your beauty problems including nutrition nail care and hair care Great advice from the women whose looks you love This is the book we've been waiting for Fornay is a master Susan Taylor *Essence* magazine This

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Modeling at Any Age Ro Martinez, 2010-12

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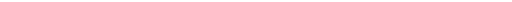
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