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How We Age: A Doctor's Journey into the Heart of Growing Old

Marc Agronin

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In the tradition of Atul Gawande and Sherwin Nuland, Marc Agronin writes luminously and unforgettably of life as he sees it as a doctor. His beat is a nursing home in Miami that some would dismiss as “God’s waiting room.” Nothing in the young doctor’s medical training had quite prepared him for what he was to discover there. As Agronin first learned from ninety-eight-year-old Esther and, later, from countless others, the true scales of aging aren’t one-sided—you can’t list the problems without also tallying the hopes and promises. Drawing on moving personal experiences and in-depth interviews with pioneers in the field, Agronin conjures a spellbinding look at what aging means today—how our bodies and brains age, and the very way we understand aging.

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