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Vintage People - The Secrets of Successful Aging

Dr. Jerry L. Old

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Dr. Jerry L. Old : Vintage People - The Secrets of Successful Aging before purchasing it in order to gage whether or not it would be worth my time, and all praised Vintage People - The Secrets of Successful Aging:

0 of 0 people found the following review helpful. Pleasant readBy BraydenI actually really liked this book. Yes I read it for part of my class but would recommend it to anyone young or old. It is a very uplifting read and teaches many great life lessons learned from a doctor and his patients.0 of 0 people found the following review helpful. Old captures the beauty of some amazing people. He notices details that might be overlooked ...By readerDr. Old captures the

beauty of some amazing people. He notices details that might be overlooked by others. 0 of 0 people found the following review helpful. Vintage People - The Secrets of Successful Aging By Liz If you have a desire to live a successful/healthy/satisfying life as an older adult, this is the book for you! It will encourage you over and over. It could very well change your life.

3rd Printing ISBN 0-9677709-0-4 Description: "Vintage" means choice, value, being of a good period or representative of the best. It also implies getting better with age! People can do that! Most of the world's greatest accomplishments have come from older people. This book emphasizes the positive aspects of aging as seen through the eyes of a rural Family Physician who has watched his patients age. Some grow old, but others remain productive, motivated and filled with joy. What are the secrets of this later group? Anyone who is getting older will enjoy learning the pragmatic, workable, personal secrets, of people who become "Vintage."

"Dr. Old, a family physician, discusses the characteristics of Vintage People and adds to that the wisdom gained from interacting with them during his long career. The book includes many delightful vignettes from and about Vintage People. It is an interesting book about successful aging." -- Dr. Richard Lindsay MD, former head of Division of Geriatric Medicine, University of Virginia "I support Dr. Old's Vintage People as an inspiration and empowerment to older Americans. The contribution of character that they make cannot be discounted." -- Senator Bob Dole "What refreshing writing for enriching our daily living, whatever our age. Can you imagine an extended conversation with a popular and experienced unpretentious M.D. who actually is willing to learn from every patient he treats? Amidst inspiration in every interesting chapter, this book by Dr. Jerry Old made me determined to keep working on being one of the Vintage People described so colorfully throughout this engaging book." -- Rev. William E. Bowles, Author--A Daily Key for Today's Christians (Prentice Hall) About the Author Jerry L Old MD has 25 years of practical experience as a rural country doctor caring for patients from the cradle to the grave. He is currently Associate Professor and Geriatrics Clerkship Director at the University of Kansas School of Medicine--Wichita, and Chief Medical Director for Hospice Care of Kansas. Special interests include "Aging Well," End-of-Life Care, and the role of Spirituality in Medicine. Dr Old is also co-author of a medical textbook "A Practical Guide to Palliative Care." Excerpt. Reprinted by permission. All rights reserved. Chapter 1: "Vintage implies choice, value, being of a good period, representative of the best! It also suggests getting better with age. That is exactly what Vintage People do." Chapter 11: "Vintage People seem to have learned this lesson well. They are forgiving, whether they recognize it or not, for their own well-being." Chapter 16: Pearls from Vintage People-"Don't ever dress old. If you dress old, you feel old. But don't dress too young either. Then people will just laugh at you for trying to be what you are not, and you will feel old again."