

The Art Of Aging: A Doctor's Prescription For Well-Being By Sherwin B. Nuland

By Sherwin B. Nuland

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Sherwin B. Nuland The Art of Aging: A Doctor's Prescription for Well-Being Language: English Category: Gerontology Pages: 336 Publisher: Random House Trade

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Experts say the keys to aging gracefully include accepting changes and finding meaningful activities.

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Author information. A clinical professor of surgery at Yale University, Sherwin B. Nuland is the author of numerous books including "How We Die: Reflections on Life's

Feb 22, 2007 Sherwin Nuland, 76, is a surgeon, a clinical professor at Yale University's Medical and a celebrated author. His latest book is The Art of Aging.

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