

The Swedish Art of Aging Exuberantly

by Margareta Magnusson

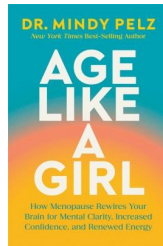
612.67 MAG

From the New York Times bestselling author of *The Gentle Art of Swedish Death Cleaning*, a book of humorous and charming advice for embracing life and aging joyfully.

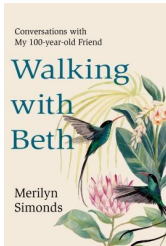
Age Like a Girl

by Mindy Pelz 618.175 PEL

What if menopause isn't something to fear—but a biological and spiritual turning point that sets you up for your most vibrant, empowered years?



Walking With Beth



by Marilyn Simonds

305.26 SIM

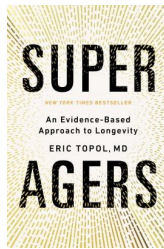
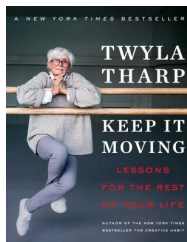
A touching story of friendship between two women—one in her 70s, the other over 100—full of warmth, humor, and life.

Keep It Moving

by Twyla Tharp

158.1 THA

Expand one's possibilities over the course of a lifetime.

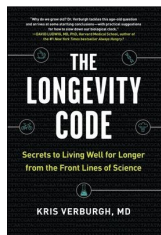


Super Agers

by Eric J. Topol

612.68 TOP

A guided tour of the revolution in longevity science that is exploding now. This is an evidence-based approach to longevity in a market drenched in snake oil.

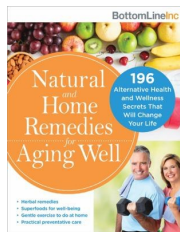


The Longevity Code

by Kris Verburgh

613.2 VER

We all know that we age—but do you know exactly how, and why? And do you wonder what you can do—whatever your age—to slow the process so you can live well, for longer?



Natural and Home Remedies for Aging Well

613.0438 NAT

For mature men and women looking to make the most out of their lives with alternative and complementary practices, healing foods, and proper exercise.

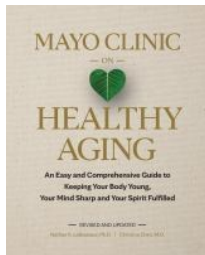
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Aging well



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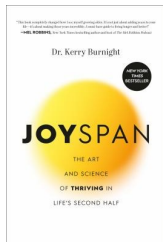
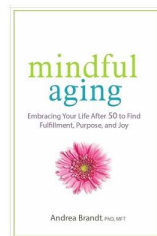
Mayo Clinic on Healthy Aging 612.68 MAY

An easy-to-understand yet comprehensive guide to help people live longer and more purposeful lives.

Mindful Aging

by Andrea Brandt 158.10846 BRA

Throw out the old stereotypes about getting older and move toward the welcoming new evidence that you future is alive with possibility, providing steps to thrive today and into your golden years.



Joyspan

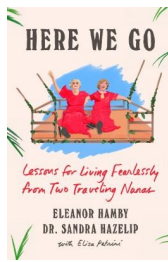
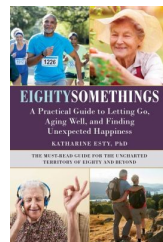
by Kerry Burnight
155.67 BUR

The key to good longevity isn't the length of your life, it's the quality of your life.

Eightysomethings

by Katharine C. Esty
612.67 EST

Live fulfilled, happy lives long into your twilight years. Personal stories illustrate how real people in their eighties are living and how they make sense of their lives.



Here We Go

by Eleanor Hamby
910.4 HAM

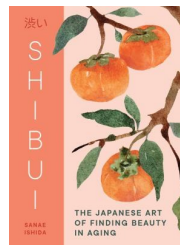
Life lessons and wisdom from two women whose global adventures as budget travelers reveal how to live fearlessly at any age, how to hold onto joy and gratitude, and the power of female friendship.



Love Your Age

by Barbara Hannah Grufferman
613.04244 GRU

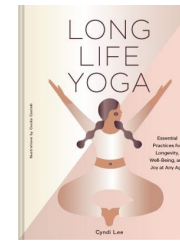
From checking in with your doctors to changing your fitness routine, cooling hot flashes, tackling social media and updating your wardrobe, transformation really does begin with one step.



Shibui

by Sanae Ishida
155.67 ISH

Discover "shibui" -- the Japanese philosophy of finding the simple, subtle beauty that emerges with time. Through watercolour illustrations, personal stories, and mindfulness reflections, this book offers Eastern wisdom to help readers embrace healthy aging with joy and grace.



Long Life Yoga

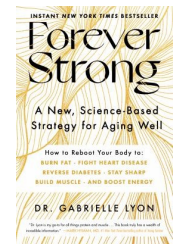
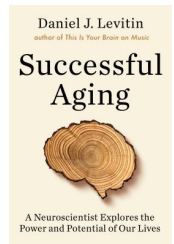
by Cyndi Lee
613.7046 LEE

In this essential guide to health and well-being, world-renowned yoga teacher Cyndi Lee provides simple, empowering yoga practices to help you feel your best at any age.

Successful Aging

by Daniel J. Levitin
612.67 LEV

Get insights to what happens in our brains as we age, why we should think about health span, not life span, and, based on a rigorous analysis of neuroscientific evidence, what you can do to make the most of your seventies, eighties, and nineties today no matter how old you are now.



Forever Strong

by Gabrielle Lyon
612.68 LYO

Learn how to reboot your metabolism, build strength, and extend your life with this accessible new guidebook that demonstrates the importance of muscle for health and longevity.