

Bookshelf

These are some of the books the AAA team has been looking at lately.

By Linda Belardi

FAST LIVING SLOW AGEING

From exercise and nutrition to stress management and resilience, clinician scientist **Professor Merlin Christopher Thomas** and Australian author **Kate Marie** have assembled a team of over 50 experts to provide the latest advice on healthy ageing and wellness. Set for release in December, this revised edition offers a comprehensive guide to living well and embracing ageing. **Health Inform (2013); RRP \$39.99; ISBN: 9780980633924**

BUILDING TYPE BASICS FOR SENIOR LIVING

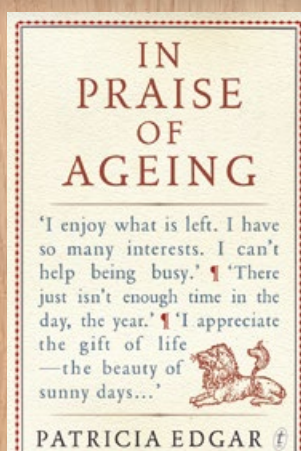
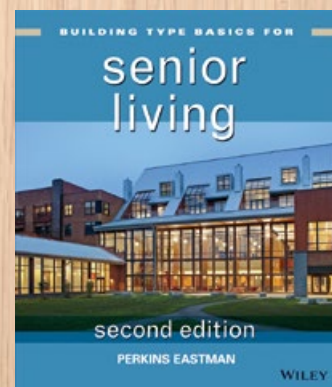
An insightful guide to the planning, design, and development of senior living facilities and communities, including serviced apartments and nursing homes. Co-authored by the founder of international architecture and design firm Perkins Eastman, this 2nd edition covers topics such as sustainable design, baby boomer expectations and international market opportunities. **Wiley (2013); RRP \$105; ISBN: 9781118007457.**

MAKING MEDICARE

Director of the Deeble Institute **Dr Anne-Marie Boxall** and Associate Professor in Health Policy **James Gillespie** offer a detailed history of Australia's long, tortuous and unconventional path towards universal health care – as it was established, abolished and introduced again – and of the reforms that brought it into being. **UNSW Press (2013); paperback \$59.99; ISBN: 9781742233437**

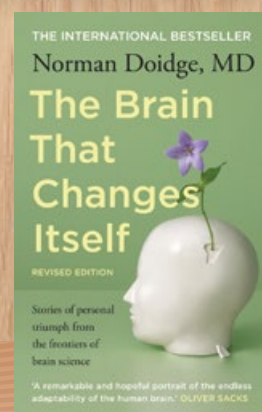
THE BRAIN THAT CHANGES ITSELF

Revisit this international bestseller by Canadian psychiatrist and researcher **Norman Doidge**, whose groundbreaking work has revolutionised the way scientists think about the brain. Its pages provide a fascinating explanation of how the adult brain can change its own structure and function with thought, experience and mental exercise. **Scribe Publications (2010), paperback \$29.95; ISBN: 9781921372742**



FEATURE BOOK:

IN PRAISE OF AGEING
Sociologist, educator and film and TV producer **Patricia Edgar** has turned her attention to longevity and confronting the stigma of ageing in her latest book. As a challenge to misconceptions of ageing as a societal and economic burden, Edgar tells the inspiring stories of eight nonagenarians who have pushed the boundaries and reshaped our thinking of what is possible in older age. **Text publishing (2013); paperback RRP \$32.99; ISBN: 9781922147554**



“Either write something worth reading or do something worth writing.”
– Benjamin Franklin.

Please email book information and cover images to editorial@australianageingagenda.com.au. Review copies should be sent to the editor, Australian Ageing Agenda, PO Box 55, Glebe, NSW, 2037.