



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

Marc Agronin

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Marc Agronin writes luminously of life as he sees it as a doctor. His beat? A nursing home in Miami. Drawing on moving personal experiences--those of his patients and their families, as well as his own--and on in-depth interviews with pioneers in the field, Agronin conjures an unforgettable look at what aging means today: how our bodies and brains change over time—and how even the very way we understand aging is changing too.

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