

New Books for the Library



The purchase of these titles on healthy aging is made possible by a generous grant from AARP Mountain Region.

AARP supports public libraries and empowers people to choose how they live as they age.

**Watauga County Library
140 Queen Street
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wataugacountylibrary.com**

Preventing Senior Moments:
How to Stay Alert into Your 90s
and Beyond

By Stan Goldberg

Don't Get Out of Bed Yet: 10
Easy Exercises to Relieve Back,
Hip, and Knee Pain

By Peggy Cappy

Money and Love: An Intelligent
Roadmap for Life's Biggest
Decisions

By Myra Strober

The Love Prescription: Seven
Days to More Intimacy,
Connection, and Joy

By John Gottman

Sex Talks: The Five
Conversations That Will
Transform Your Love Life

By Vanessa Marin

In the Meantime: Own Your
Financial Narrative

By Shehara L Wooten

What To Do With Your Money
When Crisis Hits: A Survival
Guide

By Michelle Singletary
Never too Late: Your Guide to
Safer Sex after 60

By Shannon Dowler
Beating Melanoma: The
Ultimate Patient Resource

By Steven Wang

Dying at Home: A Family Guide
for Caregiving

By Andrea Sankar

The Fundamentals of
Guardianship: What Every
Guardian Should Know, Second
Edition

By Sally Balch Hurme

Mayo Clinic on Healthy Aging:
An Easy and Comprehensive
guide to Keeping Your Body
Young, Your Mind Sharp, and
Your Spirit Fulfilled

By Nathan K LeBrasseur

A Random Walk Down Wall
Street: The Best Investment
Guide That Money Can Buy

By Burton G Malkiel

AARP Checklist for My Family:
A Guide to My History,
Financial Plans, and Final
Wishes, Second Edition

By Sally Balch Hurme

The Foot Book: The Complete
Guide to Caring for Your Feet
and Ankles

By Jonathan Rose and
Vincent Martorana

Growing Older as a Trans and/or
Non-Binary Person

By Jennie Kermode

The Complete Guide to Breast Reconstruction: Choosing the Best Options after Your Mastectomy

By Kathy Steligo

Prostate Cancer: Expert Advice for Helping your Loved One

By Neil Baum, David

Mobley, and R. Garrett Key

Winning with Diabetes:

Inspiring Stories from Athletes to Help You Thrive

By Mark Corriere, Rita

Kalyani, and Patrick Smith

Living Well with a Serious

Illness: A Guide to Palliative

Care for Mind, Body, and Spirit

By Robin Bennett Kanarek

Dementia Prevention: Using

Your Head to Save Your Brain

By Emily and Mitchell

Clionsky

Omega Balance: Nutritional

Power for a Happier, Healthier

Life

By Anthony John Hulbert

Menopausal

By Davina McCall

Living with Breast Cancer

By Jennifer Shin, David

Ryan, and Vicki Jackson

Honest Aging: An Insider's Guide to the Second Half of Life

By Rosanne Leipzig

The Glaucoma Guidebook:

Expert Advice on Maintaining

Healthy Vision

By Constance Okeke

Your Complete Guide to Liver

Health: Coping with Fatty Liver,

Hepatitis, Cancer, and More

By Paul Thuluvath

Living with Hereditary Cancer

Risk: What You and Your Family

Need to Know

By Kathy Steligo, Sue

Friedman, and Allison

Kurian

The Caregiver's Guide to

Memory Care and Dementia

Communities

By Rachael Wonderlin

A Caregiver's Guide to

Communication Problems from

Brain Injury or Disease

By Barbara O'Connor

Wells and Connie Porcaro

The Busy Caregiver's Guide to

Advanced Alzheimer Disease

By Jennifer Stelter

Thriving with Kidney Disease: A Practical Guide to Taking Care
of Your Kidneys and Yourself

By Walter Hunt

COPD: Answers to Your Most Pressing Questions about Chronic
Obstructive Pulmonary Disease

By Donald Mahler

The Eye Book: A Complete guide to Eye Disorders and Health

By Gary Cassel

The 36-Hour Day: A Family Guide to Caring for People Who
Have Alzheimer Disease and Other Dementias

By Nancy Mace and Peter Rabins

A Loving Approach to Dementia Care: Making Meaningful Con-
nections While Caregiving

By Laura Wayman

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