

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
Boone, NC 28607
(828) 264-8784
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 Connections While Caregiving

By Laura Wayman

**To place a hold on any of these titles,
please call 264-8784, ext. 1
or place a HOLD in your
Online Account!**

Watauga County Public Library

140 Queen Street

Boone, North Carolina 28607

Phone: (828) 264-8784 extension 1

www.arlibrary.org/watauga

**We have eBooks too! Visit lib-
byapp.com/library/arl**

