

# Healthy Ageing

**A selection of books on healthy ageing available in our library.**

**Health & Well-being Living Room**

[The new ageless ageing: the natural way to stay young](#)

Leslie Kenton **613.0434**

[Grow younger, live longer: ten steps to reverse aging](#)

Deepak Chopra **613**

[Age-proof your body: your complete guide to lifelong vitality](#)

Elizabeth Somer **613.7**

[Love & survival: the scientific basis for the healing power of intimacy](#)

Dean Ornish **616.1230019**

[Successful aging](#)

John W Rowe & Robert L Kahn **613.0438**

[Ageless body, timeless mind: a practical alternative to growing old](#)

Deepak Chopra **612.68**

[Tired of being tired: rescue, repair, rejuvenate](#)

Jesse Lynn Hanley & Nacey Deville **613**

[The anti-ageing plan: your complete guide to the secrets of staying young](#)

Vicci Bently **613**

[The anti-aging zone](#)

Barry Sears **613**

[Ageless body, timeless mind: a companion guide and journal](#)

Deepak Chopra **612.68**

[Prime: the complete guide to being fit, looking good, feeling great](#)

Bob Paris **610**

[How to stay young and healthy in a toxic world](#)

Ann Louise Gittleman **613**

[Dr Atkins' age-defying revolution](#)

Robert C Atkin **613.2**

[The Okinawa way: how to improve your health and longevity dramatically](#)

Bradley J Willcox **613**

[Extend your life](#)

Katherine Wright **612.68**

[The metabolic anti-ageing plan: how to stay younger for longer](#)

Stephen Cherniske **613**

[100 ways to live to 100: how to enjoy a longer and healthier life](#)

Roger Henderson **612.613**

[Younger next year: turn back your biological clock](#)

Chris Crowley & Henry S Lodge **613.04234**

[You: the owner's manual: an insider's guide to the body that will make you healthier and younger](#)

Roizen Michael & Mehmet C Oz **613**

[Live to 100 and be glad you did: seven simple ways to live](#)

[better for longer](#)

Tim O'Donovan **613**

[How to live forever or die trying: on the new immortality](#)

Bryan Appleyard **612.68**

[The science of aging: theories and potential therapies](#)

Joseph Panno **612.67**

[Younger next year for women: live strong, fit and sexy until you're 80 and beyond](#)

Chris Crowley **612.68**

[Kick up your heels—before you're too short to wear them: how to live a long, healthy, juicy life](#)

Loretta LaRoche **158.10844**

[Still healthy at 100](#)

John Robbins **613.0438**

[The long life equation](#)

Trisha Macnair **613.2**

[Mortal coil: a short history of living longer](#)

David Boyd Haycock **571.879**

[Bragg apple cider vinegar: miracle health system](#)

Paul C Bragg & Patricia Bragg **615.32373**

### **Large Print—Fiction Zone**

[Healthy at 100: the scientifically proven secrets of the world's healthiest and longest-lived peoples](#)

John Robbins **613.0438**

Further resources are available in our library. Please ask at the Non Fiction Desk if you require assistance.  
Try the Health and Wellness Resource Center *info2go* database available for library members via our website.

Palmerston North City Library  
Phone 06 351 4100  
<http://citylibrary.pncc.govt.nz>