

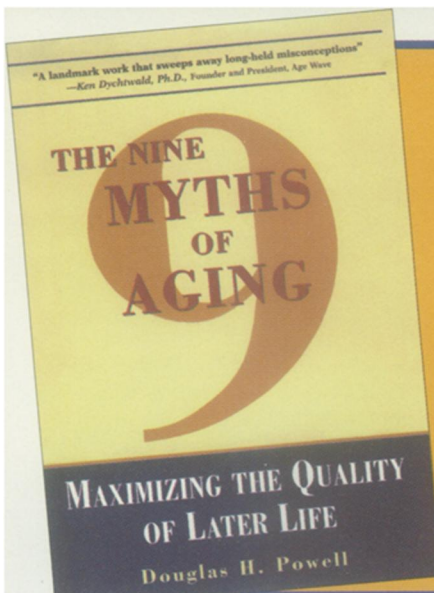
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Flame Out



WHAT ARE THE NINE MYTHS OF AGING?

1. Aging is a boring subject
2. All old people are pretty much the same
3. An unsound body equals an unsound mind
4. Memory is the first thing to go
5. Use it or lose it
6. Old dogs can't learn new tricks
7. Old people are isolated and lonely
8. Old people are depressed, and have every right to be
9. Wisdom requires being smart and elderly

W.H. Freeman, 1998, 236 pages, 6 1/2" x 9 1/4", hardcover, \$23.95

While our society as a whole gets older, misconceptions and fears about aging continue to abound. Douglas H. Powell debunks the most prevalent myths and tells us why knowing the truth can help us remain physically, mentally, and socially vigorous for as long as possible. Readers will learn the most effective ways to:

- avoid loneliness and depression
- improve both cognitive and physical functions
- develop tactics and strategies to compensate for inevitable declines in abilities
- maximize intellectual vigor
- achieve wisdom

Succinct and conversational, *THE NINE MYTHS OF AGING* combines anecdotes and personal details about the author's own experiences with research findings, clinical observations, and many real-life examples. The result is a unique and invaluable book for anyone who wants to manage the aging process with as much serenity and knowledge as possible.

—from W.H. Freeman

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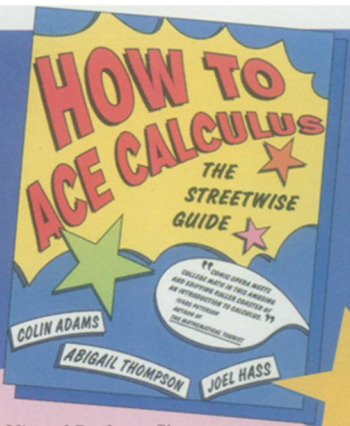
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—William Thurston, Professor of Mathematics, University of California, Davis, Fields Medalist



Written by three gifted teachers, *How to Ace Calculus* provides humorous and highly readable explanations of the key topics of calculus without the technical details and fine print that would be found in a formal text. Capturing the tone of students exchanging ideas among themselves, this unique guide also explains how calculus is taught, how to get the best teachers, what to study, and what is likely to be on exams—all the tricks of the trade that will make learning the material of first-semester calculus a piece of cake. Funny, irreverent, and flexible, *How to Ace Calculus* shows why learning calculus can be not only a mind-expanding experience, but also fantastic fun.

—from W.H. Freeman

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