



Enjoy Old Age: A Practical Guide

B. F. Skinner, M. E. Vaughan

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“[A] wealth of practical guidelines to enhance the pleasures of life.” —Jane E. Brody, *New York Times*
“With humor and personal anecdotes, [Skinner] suggest ways to shape an older person’s environment so that the imperfections of old age present as few intrusions as possible.” —*New Orleans Times-Picayune*

"People are now planning better for physical old age," the authors write, "but a different kind of planning is necessary for the enjoyment of it. That is where we hope this book will help." One of the twentieth century's most notable psychologists, B. F. Skinner gives solid and uplifting advice on dealing with the problems of age. With Margaret Vaughan, an expert on aging and formerly a research associate at Harvard, he shows you how to: * make changes in your surroundings to compensate for the drawbacks of age; * combat forgetfulness and keep thinking clearly and creatively; * get along better with younger people and children; * deal with the new emotional responses age brings and much more.

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Rose Waldman:

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