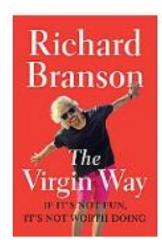
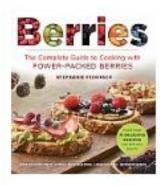
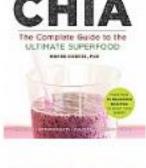
ealthy Aging[®] Magazine recommends books to help you reinvent yourself, improve your life, follow your passion. Memoirs of people who have made a positive lifestyle change are at the top of the list. We also love cookbooks since cooking is truly good for the soul, a chance to socialize by being with family as well as new and old friends.

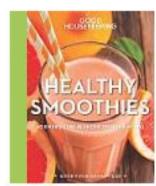
Healthy Aging® Staff Picks





SUPERFOOD SNACKS





A Guide to Cooking with

