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# **Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon**

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women—ranging in age from 74 to  
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106--whose dedication to serving others may help all of us live longer and healthier lives. Aging with Grace : What the Nun Study Teaches Us about ... Aging With Grace Growing older can be a time of grace! We live in a time when the special gifts and life experiences of the "senior citizen" are once again being appreciated. As we age, we have more time to reflect on what we have learned - what God has taught us - about the real meaning and purpose of our lives.

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