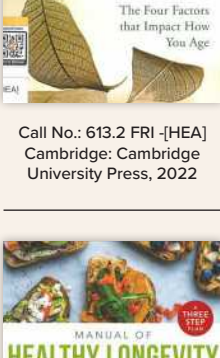


# Care, Contribution & Connectedness

## A Resource Guide

### CARE

Living well starts with taking charge of your physical, emotional and mental well-being. Stay a step ahead on health issues and discover how you can transform your diet and lifestyle in order to enjoy more opportunities in your golden years!



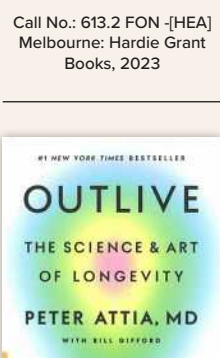
Call No.: 613.2 SAX -[HEA]  
Richmond, Victoria:  
Hardie Grant Books, 2020

#### Nutrition for Life: The Authority on Diet and Healthy Eating for Three Decades

By Catherine Saxelby

In this fully revised and updated edition of her amazing bestseller *Nutrition for Life*, Catherine Saxelby brings you the latest on food and nutrition, and dispels a few myths along the way. This indispensable guide has everything you need to know about food and nutrition to be your best in health and vitality.

Available only as a physical book.



Call No.: 613.2 FRI -[HEA]  
Cambridge: Cambridge University Press, 2022

#### Unaging: The Four Factors that Impact How You Age

By Robert P. Friedland

If you view aging as inevitable, you miss the fact that not everyone is able to grow to an old age. Realisation of this reality helps you to understand that aging presents a wonderful opportunity to make choices about how you live which can enhance the aging process and offer a chance to live to your potential. In this book, learn the steps to take in your activities, diet and mental outlook to grasp the opportunity that aging offers.

Available only as a physical book.



Call No.: 613.2 FON -[HEA]  
Melbourne: Hardie Grant Books, 2023

#### Manual of Healthy Longevity and Wellbeing: A Three Step Plan

By Luigi Fontana

Skilled physician and world expert on longevity, Professor Luigi Fontana, draws upon the latest science to give you three keys to longevity – recipes for a healthy diet rich in flavour; a simple exercise plan; and a well-being guide. This book will show you just how simple it is to transform your lifestyle and achieve total health not just for now but for the rest of your life.

Available only as a physical book.



Call No.: 612.68 ATT -[HEA]  
New York: Harmony, 2023

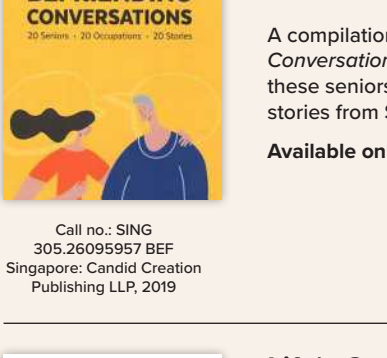
#### Outlive: The Science and Art of Longevity

By Peter Attia

In *Outlive*, Peter Attia draws on the latest science to help you adopt a personalised, proactive strategy for longevity. Attia's aim is less to tell you what to do and more to help you learn how to think about long-term health in order to create the best plan for you as an individual. You will discover that with the right roadmap, you can plot a different path for your life that lets you outlive your genes to make each decade better than the one before.

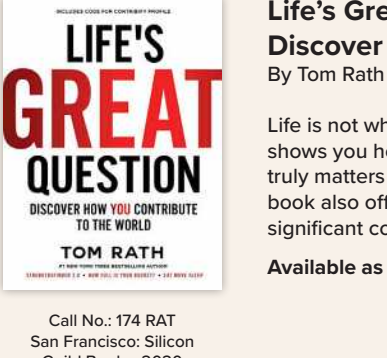
Available as a physical book, e-book and audiobook.

### YOU MIGHT ALSO LIKE THESE RESOURCES



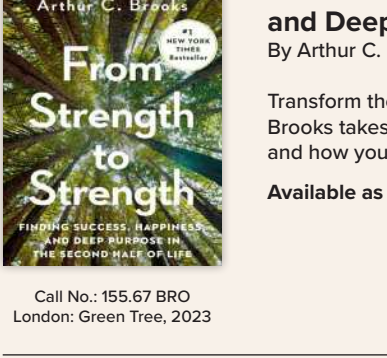
#### Good Sleep | Explained in 3 Minutes #07

NLB Singapore. (2023, Jul 20). Good Sleep | Explained in 3 Minutes #07 [Video]. Retrieved in September 2023.



#### 30 Minute Daily (Functional Fitness) Workout for Seniors | First Light [Ep 216]

ActiveSG Masters Club. (2022, Oct 25). 30 Minute Daily (Functional Fitness) Workout for Seniors | First Light [Ep 216] [Video]. Retrieved in September 2023.

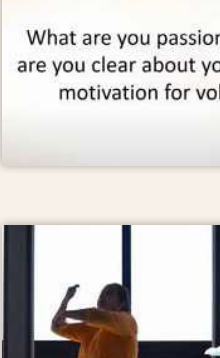


#### Enrol in Healthier SG: Step-by-Step Guide

MOHSingapore. (2023, July 5). Enrol in Healthier SG: Step-by-Step Guide [Video]. Retrieved in July 2023.

### CONTRIBUTION

What better time to contribute your time, energy and knowledge than in your golden years? Find fulfilling activities that can tap on your skills and expertise, or pick up new ones and uncover new experiences!



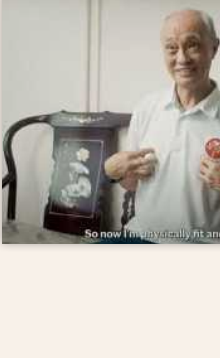
Call no.: SING  
305.26095957 BEF  
Singapore: Candid Creation Publishing LLP, 2019

#### Befriending Conversations: 20 Seniors, 20 Occupations, 20 Stories

By Justina Teo

A compilation of personal narratives of 20 Singaporean seniors, *Befriending Conversations* encourages you to really sit down and listen to the stories of these seniors and discover the hidden gems and wisdom. Be inspired by their stories from Singapore's early days.

Available only as a physical book.



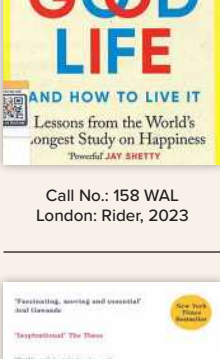
Call No.: 174 RAT  
San Francisco: Silicon Guild Books, 2020

#### Life's Great Question: Discover How You Contribute to the World

By Tom Rath

Life is not what you get out of it but what you put back! Author Tom Rath shows you how you can go beyond resumes and salaries to reflect on what truly matters and transform your perspective on work and life. This practical book also offers insights on how to find your purpose and identify your most significant contributions.

Available as a physical book and e-book.



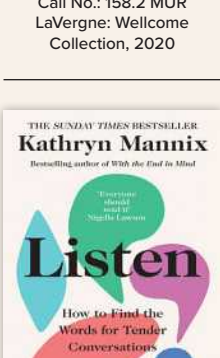
Call No.: 155.67 BRO  
London: Green Tree, 2023

#### From Strength to Strength: Finding Success, Happiness and Deep Purpose in the Second Half of Life

By Arthur C. Brooks

Transform the life changes we fear into a source of strength. Author Arthur C. Brooks takes you through the different rules that govern the second half of life and how you can experience joy, fulfillment and pride in your golden years.

Available as a physical book, e-book and audiobook.



Call No.: 1777 SEN  
Princeton: Princeton University Press, 2020

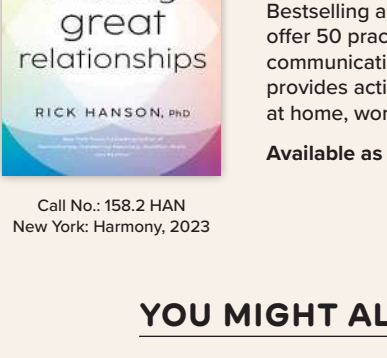
#### How to Give: An Ancient Guide to Giving and Receiving

By Seneca

Experience the timeless wisdom of Seneca, the great Stoic philosopher, as he explores the virtues of generosity and gratitude in his renowned work "On Benefits" (De Beneficiis).

Available as a physical book and e-book.

### YOU MIGHT ALSO LIKE THESE RESOURCES



#### Effective Volunteering in a Nutshell

Council for Third Age. (2021, February 10). [NSA e-Nuggets Series] Effective Volunteering in a Nutshell [Video]. Retrieved in July 2023.



#### Life After Retirement - Mdm Asha and Auntie Pat

AIC Singapore. (2021, February 10). Life After Retirement - Mdm Asha and Auntie Pat [Video]. Retrieved in July 2023.

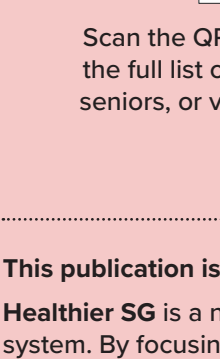


#### Heart of Care: A Silver Generation Ambassador's Story

AIC Singapore. (2022, July 13). Heart of Care: A Silver Generation Ambassador's Story [Video]. Retrieved in July 2023.

### CONNECTEDNESS

Meaningful relationships and social connections can go a long way towards your overall well-being. Pick up tips on how you can have better conversations with your loved ones.



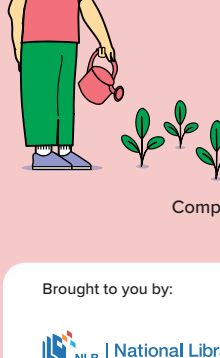
Call No.: 158 WAL  
London: Rider, 2023

#### The Good Life and How to Live It: Lessons From the World's Longest Study on Happiness

By Robert Waldinger and Marc Schulz

Psychiatrist Robert Waldinger unveils the secrets to a fulfilling life, derived from an unprecedented 80-year-long Harvard study. Immerse yourself in the lives of the participants, their triumphs, and tragedies, and discover the unexpected pathways to lasting happiness and true contentment. Prepare to redefine your understanding of the good life and embark on a transformative quest towards genuine joy and fulfillment.

Available as a physical book, e-book and an audiobook.



Call No.: 158.2 MUR  
LaVerne: Wellcome Collection, 2020

#### Together: Loneliness, Health and What Happens When We Find Connection

By Vivek H. Murthy

Human connection is a medical necessity to stay healthy emotionally and physically. Dr Vivek H. Murthy, former US Surgeon General, unravels the hidden impact of loneliness on our health and reveals the astonishing power of human connection. Through captivating stories and compelling research, Murthy presents simple and easily applicable solutions to our most pressing social challenges.

Available as a physical book and e-book.



Call No.: 153.6 MAN  
Glasgow: William Collins, 2021

#### Listen: How to Find the Words for Tender Conversations

By Kathryn Mannix

From losing someone to terminal illness to noticing the signs of dementia in a loved one, this is a book about the conversations that matter and how to have them better - more honestly, more confidently and without regret.

Available as a physical book and an audiobook.



Call No.: 158.2 HAN  
New York: Harmony, 2023

#### Making Great Relationships: Simple Practices for Solving Conflicts, Building Connection, and Fostering Love

By Rick Hanson

Bestselling author Rick Hanson draws on neuroscience and psychology to offer 50 practical ways to enhance all types of relationships. From effective communication to setting boundaries and finding the good in others, this book provides actionable insights for fostering healthier, more fulfilling connections at home, work, and with challenging individuals.

Available as a physical book, e-book and an audiobook.

### YOU MIGHT ALSO LIKE THESE RESOURCES



#### The Conversation

hpbsg. (2023, Aug 25). The Conversation [Video]. Retrieved in September 2023.



#### Being a better supporter begins with a 'Hi'

hpbsg. (2021, May 30). Being a better supporter begins with a 'Hi' [Video]. Retrieved in September 2023.



#### We See You Care

AIC Singapore. (2023, May 22). We See You Care playlist [Video]. Retrieved in September 2023.

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### About Time of Your Life

The joy of learning and reading continues even as you reach 50 years and older. Under the Time of Your Life, the National Library Board (NLB) offers a wide range of talks, workshops and resources to meet your learning needs and help you thrive even as you age.



Scan the QR code to uncover the full list of programmes for seniors, or visit [go.gov.sg/toyl](https://go.gov.sg/toyl)



Stay in touch with us! Scan the QR code to subscribe to our mailing list, or visit [go.gov.sg/50plusmail](https://go.gov.sg/50plusmail)

This publication is produced in support of Healthier SG.

Healthier SG is a national initiative to transform Singapore's healthcare system. By focusing on preventive care, Healthier SG will empower residents like you to stay healthy, detect health issues early and manage them well.

For more information, please visit <https://healthiersg.gov.sg>



Compiled in September 2023. All information is accurate at the time of publishing. For feedback and enquiries, please email us at [50plus@nlb.gov.sg](mailto:50plus@nlb.gov.sg).

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