

IS THIS NORMAL?

THE ESSENTIAL GUIDE
TO MIDDLE AGE AND BEYOND

Is it normal to sleep
less at night and nap
more during the day?



What are the signs
of Alzheimer's versus
normal memory loss?



How much weight gain
is normal as we age—and
why is it so hard to lose?



JOHN WHYTE, MD, MPH

CHIEF MEDICAL EXPERT FOR THE DISCOVERY CHANNEL

FOREWORD BY DEAN ORNISH, MD

Is This Normal The Essential Guide To Middle Age And Beyond

WJ Hussar



Is This Normal The Essential Guide To Middle Age And Beyond:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Experience Love's Journey in **Is This Normal The Essential Guide To Middle Age And Beyond** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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