

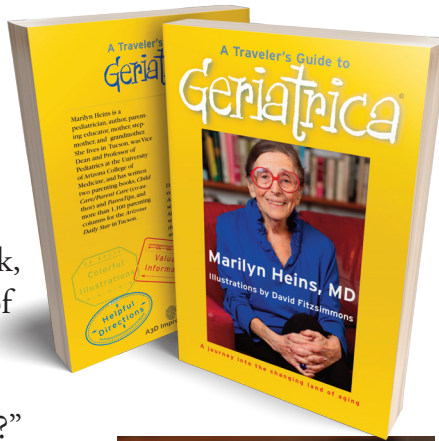
An immigrant in a new land ... that's how Marilyn Heins describes her experience in *Geriatrica*. She shares that experience with us in this book, using keen observation skills of a physician with eight decades of well-practiced wisdom.

“Do I belong in *Geriatrica*?” Marilyn asks. “Absolutely! My Driver’s License affirms my age, my mirror confirms it. However, everything feels strange. Even though I have lived here long enough to speak Medicare I still feel like an immigrant sometimes.

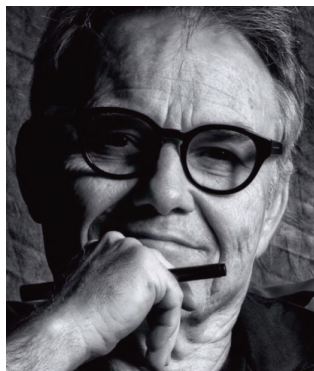
“Adjustment to any new land is arduous. This book will tell you what I have learned to help make your journey, or the journey of a loved one, easier. Maps included.”

In 25 chapters, Marilyn covers most everything we need in *Geriatrica* from dogs to sex to downsizing to AOA (advanced old age). She shares her experience with the joys and frustration. As she describes it, “My personal story is that of a changing woman living in a changing world.”

The magic of this book is that it helps its readers face change with grit, honesty and frequent smiles.



Marilyn Heins, MD



David Fitzsimmons



A Traveler's Guide to *Geriatrica*®

A journey into the changing land of aging

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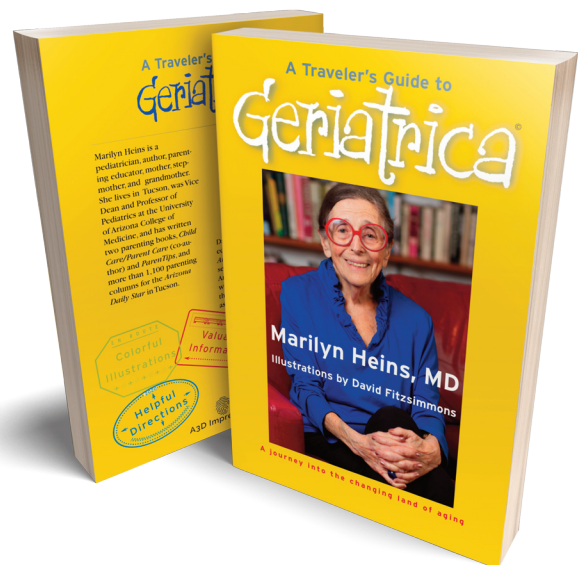
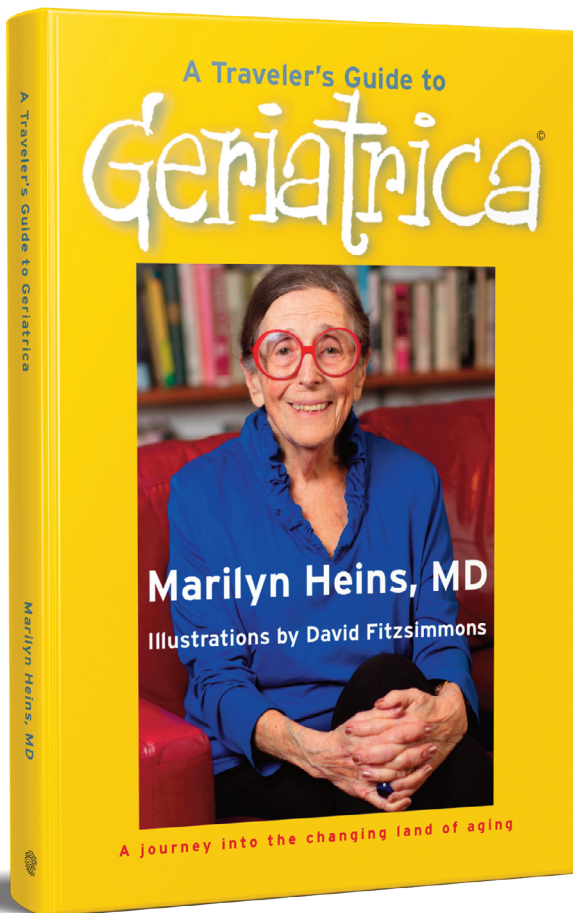
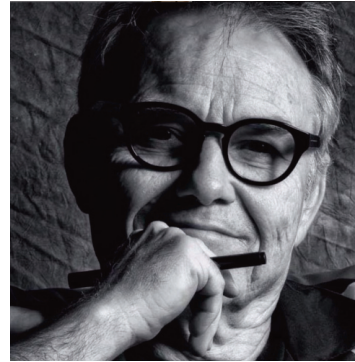
Find these illustrations and more in *Geriatrica*





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