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Carol Brayne, [Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier and More Meaningful Lives.](#) David Snowdon. New York: Bantam Press, 2001, pp. 256, \$24.95 (HB) ISBN: 0-553-80163-5., [International Journal of Epidemiology](#) , Volume 31, Issue 4, August 2002, Page 879, <https://doi.org/10.1093/ije/31.4.879>

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January 23, 2020. 0. 449. The book " [Aging with Grace](#) " explains the realities that people experience in their daily lives. These realities include aging, poverty and even diseases. The target group of the book is the Catholic nuns and the realities of life that they go through. It targets the health and science issues that affect the nuns.

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