

Aging with GRACE

What the Nun Study
Teaches Us About
Leading Longer, Healthier,
and
More Meaningful Lives



DAVID SNOWDON, PH.D.

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

Jerald Winakur



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

David Snowden:

Aging with Grace David Snowden, 2001 Snowden discusses the findings from the first 15 years of studying a population of 678 nuns

Aging with Grace David Snowden, 2001

Aging, Death, and the Quest for Immortality C. Ben Mitchell, Robert David Orr, Susan A. Salladay, 2004 This is a print on demand book and is therefore non returnable Aging is a fact of life and issues surrounding it are hot There are currently 35 million Americans over the age of sixty five more than ever This demographic shift is noteworthy not only because the ranks of the elderly will continue to swell in coming years but also because it is taking place in what the editors of this book call an ageist society one that increasingly loathes every facet of aging Indeed the ethical issues associated with aging are among the thorniest in medicine and public policy today Aging Death and the Quest for Immortality is a timely volume by physicians healthcare professionals pastors and ethicists who explore the experiences dilemmas and possibilities associated with aging The book opens by offering three distinct perspectives on aging this section includes practical suggestions for dealing with retirement disability healing and death Several contributors then analyze controversial ethical issues raised by aging and health care including medical decision making the moral standing of patients with dementia health care rationing and assisted suicide A third group of essays applies a theology of care to ministry to and through older adults the counseling of seniors and the application of palliative care The book closes by discussing some of the emerging technologies and interest groups aimed at achieving immortality also asking appropriately what insights the Christian faith brings to the discussion Reflecting much wisdom and sensitivity this book will give welcome help to care providers and to those who are themselves in the later stages of life Contributors R Geoffrey Brown Jackie Cameron William P Cheshire Jr John Dunlop Robert W Evans Stephen P Greggo Vernon Grounds John F Kilner C Ben Mitchell Robert D Orr Stephen G Post Susan A Salladay Linda L Treloar Gregory Waybright

Guide to Ministering to Alzheimer's Patients and Their Families Pat Otwell, 2008-05-19 Learn how to develop an effective Alzheimer's ministry The Guide to Ministering to Alzheimer's Patients and Their Families examines the importance of spirituality in dealing with the everyday challenges of this mysterious disease Not a how to manual with step by step instructions or tried and true formulas this unique book instead examines the essential elements of ministering to dementia patients based on the first hand accounts of family members living through pain and uncertainty The book explores the stages of Alzheimer's grief and guilt available resources and implications of spiritual care for patients and families It is equally useful as a textbook for graduate and undergraduate work a reference for study groups and seminars and a primer for those with limited knowledge of the illness Ministers sometimes neglect Alzheimer's patients and their families because they feel they don't know what to say or do even though they want to be obedient and faithful servants in this specialized ministry The Guide to Ministering to Alzheimer's Patients and Their Families communicates the thoughts feelings and needs

of those affected by the disease to help ministers feel more comfortable confident and competent as they develop a theological understanding of God Alzheimer s patients and their role in ministry The book also provides models for ministry role play scenarios a sample text for a care facility worship service a care facility memorial service and a funeral service for a Christian and a non Christian as well as a sample clergy seminar program on Alzheimer s ministry The Guide to Ministering to Alzheimer s Patients and Their Families examines common characteristics of early mild moderate and severe Alzheimer s general information about Alzheimer s ethical decision making support group ministry respite care religious rites faith issues heredity hospitalization of Alzheimer s patients long distance caregiving working with other clergy The Guide to Ministering to Alzheimer s Patients and Their Families also includes a special appendix of selections from the Scriptures This book is a unique resource for all Christians who desire to minister to those affected by Alzheimer s especially pastors priests chaplains pastoral counselors church leaders healthcare professionals and seminary students Do You Remember Me? Judith Levine,2010-05-11 In her award winning book Harmful to Minors Judith Levine radically upended our fixed ideas about childhood Now she tackles the other end of life in this poignant memoir of a daughter coming to terms with a difficult father who is sinking into dementia presenting an insightful exploration of the ways we think about disability aging and the self as it resides in the body and the world In prose that is unsentimental yet moving serious yet darkly funny complex in emotion and ideas yet spare in diction Levine reassembles her father s personal and professional history even as he is losing track of it She unpeels the layers of his complicated personality and uncovers information that surprises even her mother to whom her father has been married for more than sixty years As her father deteriorates the family consensus about who he was and is and how best to care for him constantly threatens to collapse Levine recounts the painful discussions mad outbursts and gingerly negotiations and dissects the shifting alliances among family friends and a changing guard of hired caretakers Spending more and more time with her father she confronts a relationship that has long felt bereft of love By caring for his needs she learns to care about and slowly to love him While Levine chronicles these developments she looks outside her family for the sources of their perceptions and expectations deftly weaving politics science history and philosophy into their personal story A memoir opens up to become a critique of our culture s attitudes toward the elderley A claustrophobic account of Alzheimer s is transformed into a complex lesson about love duty and community What creates a self and keeps it whole Levine insists that only the collaboration of others can safeguard her father s self against the riddling of his brain Embracing interdependence and vulnerability not autonomy and productivity as the seminal elements of our humanity Levine challenges herself and her readers to find new meaning even hope in one man s mortality and our own The Read-Aloud Handbook Jim Trelease,2013-06-25 The classic million copy bestselling handbook on reading aloud to children revised and updated Recommended by Dear Abby upon its first publication in 1982 millions of parents and educators have turned to Jim Trelease s beloved classic for more than three decades to help countless children become avid readers through awakening

their imaginations and improving their language skills It has also been a staple in schools of education for new teachers This updated edition of The Read Aloud Handbook discusses the benefits the rewards and the importance of reading aloud to children of a new generation Supported by delightful anecdotes as well as the latest research including the good and bad news on digital learning The Read Aloud Handbook offers proven techniques and strategies for helping children discover the pleasures of reading and setting them on the road to becoming lifelong readers *Your Best Brain Ever* Michael S. Sweeney, Cynthia R. Green, 2013-12-31 National Geographic presents a comprehensive guide to fighting mental decline With cutting edge neuroscience information about Alzheimer's fascinating case studies and tips to fight brain aging symptoms such as slower mental acuity and senior moments this smart engaging guide will help keep your memory sharp and your mind active Fun age defying exercises from body stretches to word games to foods that help you think help the brain perform at its best just like exercising does for other parts of the body Leading memory loss expert Cynthia R Green PhD and eminent science writer Michael Sweeney have created a book both informational and practical that gives readers everything they need to know about the care and feeding of one of the body's most important organs the brain Memory Lessons Jerald Winakur, 2009-01-01 The story of becoming a doctor and being a son Jerald Winakur is a doctor who cares for and about the elderly Dedicated and compassionate he's a surrogate son to many And yet all his years of service helping patients and their families adjust to the challenges of aging did not prepare him for becoming father to his own father who had become as needy as any child In *Memory Lessons* a tender and provocative book Dr Winakur writes about what it's like to be medical counselor to countless patients while disclosing his personal heartbreak at watching his 86 year old father descend into disability and dementia his mother at his side In both of these roles highly skilled professional and loving son he finds he is hard pressed to alter a course that devastates his dad and tears at his family But he does what he can A doctor who does his best to listen carefully to each patient in turn who attempts to confront every problem with as he says a reasonable fund of knowledge a modicum of common sense and a large dose of honesty Dr Winakur knows that there is much we can do by loving and listening We all search for answers we all want to do the right thing for our parents but few of us know what that right thing is Faced with caring for a growing sea of elders Dr Winakur reflects on his thirty years in the medical profession to consider the very personal and immediate questions asked by families every day What are we going to do with Dad Who will care for him and how These are urgent questions and they're faced head on in *Memory Lessons* with unflinching honesty hope and above all love **Transforming Retirement** Janis Clark Johnston, 2023-05-05 People are naturally worried about transitions at any stage of their lives and retirement transitioning presents unique challenges because you realize that your life clock is ticking faster with each passing year Beyond financial concerns your true wealth is determined by how you spend your time and how you care for your health Retirement represents a rich psychological growth time and successful aging is characterized by cultivating a growth mindset alongside a healthy dose of grit or passion plus persistence This book shares

insights from a survey of 125 participants all of whom are 55 or older on retirement beliefs and time management The author encourages retirees to embrace the concept of rewiring their brains in a psychological reboot applying to both work and non work scenarios Each chapter presents rewiring exercises that prepare space for new possibilities to germinate immediately and possibility time exercises that foster digging deeper into legacy roots for shaping days where you can flourish Seasoned citizen years have the possibility of becoming your greatest life plots when you rewire your personality and ability skillset

The New Blackwell Companion to Medical Sociology William C. Cockerham,2016-09-26 An authoritative topical and comprehensive reference to the key concepts and most important traditional and contemporary issues in medical sociology Contains 35 chapters by recognized experts in the field both established and rising young scholars Covers standard topics in the field as well as new and engaging issues such as bioterrorism bioethics and infectious disease Chapters are thematically arranged to cover the major issues of the sub discipline Global range of contributors and an international perspective

Human Sciences and Human Interests Mikael Klintman,2016-08-05 Within the disciplines of social economic and evolutionary science a proud ignorance can often be found of the other areas approaches This text provides a novel intellectual basis for breaking this trend Certainly Human Sciences and Human Interests aspires to open a broad debate about what scholars in the different human sciences assume imply or explicitly claim with regard to human interests Mikael Klintman draws the reader to the core of human sciences how they conceive human interests as well as how interests embedded within each discipline relate to its claims and recommendations Moreover by comparing theories as well as concrete examples of research on health and environment through the lenses of social economic and evolutionary sciences Klintman outlines an integrative framework for how human interests could be better analysed across all human sciences This fast paced and modern contribution to the field is a necessary tool for developing any human scientist s ability to address multidimensional problems within a rapidly changing society Avoiding dogmatic reasoning this interdisciplinary text offers new insights and will be especially relevant to scholars and advanced students within the aforementioned disciplines as well as those within the fields of social work social policy political science and other neighbouring disciplines **Jim Trelease's**

Read-Aloud Handbook Jim Trelease,Cyndi Giorgis,2019-09-03 The classic million copy bestselling handbook on reading aloud to children revised and updated for a new generation of readers Recommended by Dear Abby upon its first publication in 1982 millions of parents and educators have turned to Jim Trelease s beloved classic for more than three decades to help countless children become avid readers through awakening their imaginations and improving their language skills Jim Trelease s Read Aloud Handbook updated and revised by education specialist Cyndi Giorgis discusses the benefits the rewards and the importance of reading aloud to children of a new generation Supported by delightful anecdotes as well as the latest research an updated treasury of book recommendations curated with an eye for diversity Jim Trelease s Read Aloud Handbook offers proven techniques and strategies for helping children of all backgrounds and abilities discover the pleasures

of reading and setting them on the road to becoming lifelong readers

Shameful Bodies Michelle Mary Lelwica, 2017-01-12 What happens when your body doesn't look how it's supposed to look or feel how it's supposed to feel or do what it's supposed to do? Who or what defines the ideals behind these expectations? How can we challenge them and live more peacefully in our bodies? *Shameful Bodies: Religion and the Culture of Physical Improvement* explores these questions by examining how traditional religious narratives and modern philosophical assumptions come together in the construction and pursuit of a better body in contemporary western societies. Drawing on examples from popular culture such as self-help books, magazines, and advertisements, Michelle Mary Lelwica shows how these narratives and assumptions encourage us to go to war against our bodies, to fight fat, triumph over disability, conquer chronic pain and illness, and defy aging. Through an ethic of conquest and conformity, the culture of physical improvement trains us not only to believe that all bodily processes are under our control, but to feel ashamed about those parts of our flesh that refuse to comply with the cultural ideal. Lelwica argues that such shame is not a natural response to being fat, physically impaired, chronically sick, or old. Rather, body shame is a religiously and culturally conditioned reaction to a commercially fabricated fantasy of physical perfection. While *Shameful Bodies* critiques the religious and cultural norms and narratives that perpetuate external and internalized judgment and aggression toward shameful bodies, it also engages the resources of religions, especially feminist theologies and Buddhist thought, practice, to construct a more affirming approach to health and healing, an approach that affirms the diversity, fragility, interdependence, and impermanence of embodied life.

Contemplation and Midlife Crisis Rosemarie Carfagna, 2014-05-14 This book helps the reader in midlife crisis frame his/her experience in spiritual, contemplative terms and thereby provides a wider context in which to understand and eventually accept it.

Constructing Social Research Charles C. Ragin, Lisa M. Amoroso, 2011 Three major traditions—qualitative research on commonalities, comparative research on diversity, and quantitative research on relationships among variables—provide a solid foundation for the study of all social phenomena. This text explores the role of each theme in constructing social research.

The Chicago Guide to Writing about Multivariate Analysis, Second Edition Jane E. Miller, 2013-09-26 Many different people, from social scientists to government agencies to business professionals, depend on the results of multivariate models to inform their decisions. Researchers use these advanced statistical techniques to analyze relationships among multiple variables, such as how exercise and weight relate to the risk of heart disease or how unemployment and interest rates affect economic growth. Yet despite the widespread need to plainly and effectively explain the results of multivariate analyses to varied audiences, few are properly taught this critical skill. *The Chicago Guide to Writing about Multivariate Analysis* is the book researchers turn to when looking for guidance on how to clearly present statistical results and break through the jargon that often clouds writing about applications of statistical analysis. This new edition features even more topics and real-world examples, making it the must-have resource for anyone who needs to communicate complex research results. For this second edition, Jane E. Miller

includes four new chapters that cover writing about interactions writing about event history analysis writing about multilevel models and the Goldilocks principle for choosing the right size contrast for interpreting results for different variables In addition she has updated or added numerous examples while retaining her clear voice and focus on writers thinking critically about their intended audience and objective Online podcasts templates and an updated study guide will help readers apply skills from the book to their own projects and courses This continues to be the only book that brings together all of the steps involved in communicating findings based on multivariate analysis finding data creating variables estimating statistical models calculating overall effects organizing ideas designing tables and charts and writing prose in a single volume When aligned with Miller s twelve fundamental principles for quantitative writing this approach will empower readers whether students or experienced researchers to communicate their findings clearly and effectively *Biomedicine as Culture* Regula Valérie Burri, Joseph Dumit, 2007-11-21 This volume offers interdisciplinary perspectives on contemporary biomedicine as a cultural practice It brings together leading scholars from cultural anthropology sociology history and science studies to conduct a critical dialogue on the culture s of biomedical practice discussing its epistemic material and social implications The essays look at the ways new biomedical knowledge is constructed within hospitals and academic settings and at how this knowledge changes perceptions material arrangements and social relations not only within clinics and scientific communities but especially once it is diffused into a broader cultural context *Canyon Ranch 30 Days to a Better Brain* Richard Carmona, 2014-05-06 In this user friendly guide Dr Richard Carmona gives specific practical advice about optimizing brain function based on the best scientific evidence I recommend it Andrew Weil author of *Healthy Aging* and *True Food* Synthesizing the cognitive science behind memory sleep stress and addiction Canyon Ranch s 30 Days to a Better Brain is the definitive guide to caring for your brain during all stages of your life Dr Carmona and the experts at America s leading wellness center guide you through the anatomy of the aging brain how stress and toxins affect your mind and the importance of sleep laying out a thirty day nutrition exercise and medical plan to help you achieve optimal brain health You ll also find answers to all your questions including how your health is affecting your brain what foods to eat and what to avoid whether or not supplements are necessary what important medical tests to ask your doctor about and how best to challenge your brain Also included are techniques for practicing mindfulness meditation and spiritual contemplation The immense benefits of this thirty day program include better memory mood and sleep faster sharper thinking more energy quicker reflexes safer driving improved attention span and much more Combining the best of traditional and alternative therapies behavioral science and exercise physiology this indispensable guide from one of the finest Surgeon Generals in our nation s history New York Times bestselling author Dean Ornish will help you maintain and enhance a strong agile mind so that your body does not outlive your brain **The Chicago Guide to Writing About Numbers** Jane E. Miller, 2015-04-09 For students scientists journalists and others a comprehensive guide to communicating data clearly and effectively Acclaimed by scientists

journalists faculty and students The Chicago Guide to Writing about Numbers has helped thousands communicate data clearly and effectively It offers a much needed bridge between good quantitative analysis and clear expository writing using straightforward principles and efficient prose With this new edition Jane Miller draws on a decade of additional experience and research expanding her advice on reaching everyday audiences and further integrating non print formats Miller an experienced teacher of research methods statistics and research writing opens by introducing a set of basic principles for writing about numbers then presents a toolkit of techniques that can be applied to prose tables charts and presentations She emphasizes flexibility showing how different approaches work for different kinds of data and different types of audiences The second edition adds a chapter on writing about numbers for lay audiences explaining how to avoid overwhelming readers with jargon and technical issues Also new is an appendix comparing the contents and formats of speeches research posters and papers to teach writers how to create all three types of communication without starting each from scratch An expanded companion website includes new multimedia resources such as slide shows and podcasts that illustrate the concepts and techniques along with an updated study guide of problem sets and suggested course extensions This continues to be the only book that brings together all the tasks that go into writing about numbers integrating advice on finding data calculating statistics organizing ideas designing tables and charts and writing prose all in one volume Field tested with students and professionals alike this is the go to guide for everyone who writes or speaks about numbers

A Deeper Perspective on Alzheimer's and other Dementias Megan Carnarius, 2015-02-23 Soul searing life testing situations have what some call fall out blessings The book is about understanding some of the deeper lessons we are exposed to through caring for individuals with Alzheimer's and other types of dementia We all want a cure But in the meantime while this illness is still with us how can we create a quality of life for each person in each stage of the disease How can we look deeper into situations that at first glance look hopeless and destructive in order to find opportunities for insight inspiration and great understanding of ourselves and those we love How can we allow the full measure of the experience to unfold and be felt with as much of ourselves as we can bring to bear This book will help people caring for those going through the difficult dementia journey find a way through the tumultuous waves to remain awake and open to the blessing of a journey that opens the heart nurtures compassion and ultimately enables each of us to be better human beings It is also for those brave individuals living with memory loss illnesses so that they be supported and allowed to live their experience fully in their own unique way to express themselves to love and be loved and to be sheltered from harm that with each stage of the progression those around the person with dementia find ways to emphasize the loved one's remaining strengths rather than spotlight their weaknesses A person with dementia has a whole and well spirit and in the broadest sense their brain is a vehicle of self expression it does not define their essence Finally this book addresses head on the final stage of the disease when the brain has exhausted all its compensatory ability and the individual is no longer able to take part in regular day to day life At this advanced stage of

the disease process people with dementia are in a deep internal state that caregivers generally cannot access and share. It can be a very disheartening time. This internal state separates the person with dementia from those around them; however, rather than thinking of it as a prison wall separating the person with dementia from the caregiver, it may be more helpful to think of the person having retreated into a cloistered existence for a while, affording them the time needed by the soul to attend to deeper aspects of the self on a spiritual level. This phase also allows those around the person to honor the vessel or body that has housed the loved one in this life and prepare to let them go. When ready, the individual will know the time to leave, and if allowed, will let go. Coming from a rich professional background in caring, Megan Carnarius clearly outlines the different stages of dementia and highlights many practical aspects of dementia care, suggesting accessible tools for family and professionals alike. She also addresses the more subtle spiritual dimensions of this illness with much compassion and understanding, offering new insights into areas that have not been explored in other books on the disease.

Eventually, you will agreed discover a extra experience and talent by spending more cash. yet when? reach you resign yourself to that you require to acquire those all needs in the manner of having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more on the order of the globe, experience, some places, later than history, amusement, and a lot more?

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Table of Contents Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon

1. Understanding the eBook Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - The Rise of Digital Reading Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Advantages of eBooks Over Traditional Books
2. Identifying Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon

◦ User-Friendly Interface

4. Exploring eBook Recommendations from Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Personalized Recommendations
 - Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon User Reviews and Ratings
 - Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon and Bestseller Lists
5. Accessing Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon Free and Paid eBooks
 - Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon Public Domain eBooks
 - Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon eBook Subscription Services
 - Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon Budget-Friendly Options
6. Navigating Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon eBook Formats
 - ePub, PDF, MOBI, and More
 - Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon Compatibility with Devices
 - Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Highlighting and Note-Taking Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Interactive Elements Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon

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

David Snowdon

- ~~8. Staying Engaged with Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon~~
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
9. Balancing eBooks and Physical Books Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Setting Reading Goals Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Fact-Checking eBook Content of Aging With Grace What The Nun Study Teaches Us About Leading Longer Healthier And More Meaningful Lives David Snowdon
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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

David Snowdon Introduction

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