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Home Care Assistance Releases Second Edition of *Happy to 102: The Best Kept Secrets to a Long and Happy Life*

Second edition of book features new and updated content and case studies, sheds further light on slowing the aging process and delaying the onset of chronic diseases

(Palo Alto, CA – October 17, 2011) [Home Care Assistance](#), North America's premier provider of in-home care for seniors, is proud to announce the release of the second edition of *Happy to 102: The Best Kept Secrets to a Long and Happy Life*. Due to the exceptional response and positive feedback from the medical community, senior care industry professionals and older adults around the world, Home Care Assistance has decided to release the second edition of *Happy to 102* with updated and expanded content, testimonials and scientifically based case studies. Written by a team of senior care experts, Kathy N. Johnson PhD, CMC, James H. Johnson PhD and Lily Sarafan MS, the book highlights specific lifestyle factors that promote healthy longevity.

"The initial response to *Happy to 102* was overwhelmingly positive," said Lily Sarafan, President and COO of Home Care Assistance. "Our mission to change the way the world ages inspired us to share our insights and evidence-based studies to help baby boomers and seniors live to their maximum potential at any age. We're very excited to release our updated second edition."

Drawing heavily from the results of the Okinawa Centenarian Study, which examines the lifestyle factors that contribute to the exceptionally long average lifespan in Okinawa, Japan, *Happy to 102* offers a template for healthy longevity that readers can apply to their everyday lives. In addition to the Okinawa study, the book also draws heavily from the authors' combined decades of experience in psychology and senior wellness. From active minds to social engagement, *Happy to 102* looks beyond the physical needs of seniors to address their mental and social needs and desire for a sense of purpose and community.

Topics covered in the book include the seven superfoods that should be incorporated into every diet, simple mental exercises to improve cognitive function, the psychology of aging and The Balanced Care Method™, a program unique to Home Care Assistance that distills lessons from Okinawa into an accessible program for family caregivers and older adults.

Home Care Assistance is the only company in senior care with a focus on healthy longevity – the ideal balance of lifespan and healthspan. With a focus on gracefully aging in place, *Happy to 102* inspires us all to live happier, healthier lives at any age.

To order your copy of *Happy to 102* today, visit <http://amzn.com/061528194X>

For more information about Home Care Assistance and *Happy to 102*, please visit www.homecareassistance.com.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is the leading provider of home care for seniors across the United States and Canada. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2011 Franchise500® Company, Home Care Assistance has received numerous industry awards including *Entrepreneur's* Fastest-Growing Franchises and *Franchise Business Review's* Top 50. For more information about Home Care Assistance, our services and franchise opportunities, visit homecareassistance.com or franchise.homecareassistance.com.