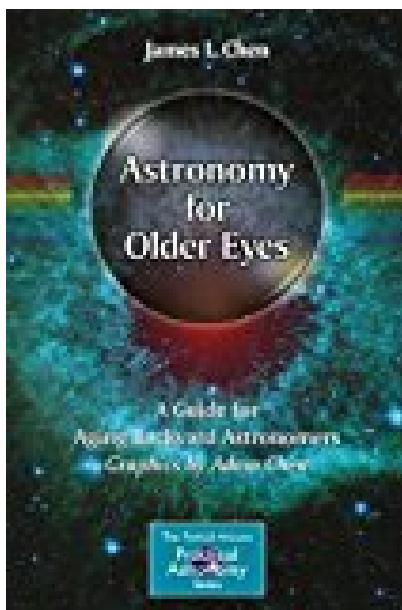


Astronomy for Older Eyes A Guide for Aging Backyard Astronomers The Patrick Moore Practical Astronomy Series



BOOK DETAILS

- Author : James L. Chen
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BOOK SYNOPSIS

This book is for the aging amateur astronomy population, whether they are newcomers to astronomy in their retirement or returning hobbyists who loved peering through a telescope as a child. Whether a novice or an experienced observer, the practice of astronomy differs over the years. This guide will extend the enjoyment of astronomy well into the Golden Years by addressing topics such as eye and overall health issues, recommendations on telescope equipment, and astronomy-related social activities especially suited for seniors. Many Baby-Boomers reaching retirement age are seeking new activities, and amateur astronomy is a perfect fit as a leisure time activity. Established backyard astronomers who began their love of astronomy in their youth, meanwhile, may face many physical and mental challenges in continuing their lifelong hobby as they age beyond their 55th birthdays. That perfect telescope purchased when they were thirty years old now suddenly at sixty years old feels like an immovable object in the living room. The 20/20 eyesight has given way to reading glasses or bifocals. Treasured eyepieces feel all wrong. But while growing old is a natural process of life, astronomy is timeless. With a little knowledge and some lifestyle adjustments, older astronomers can still enjoy backyard observing well into their seventies, eighties and even into their nineties.

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