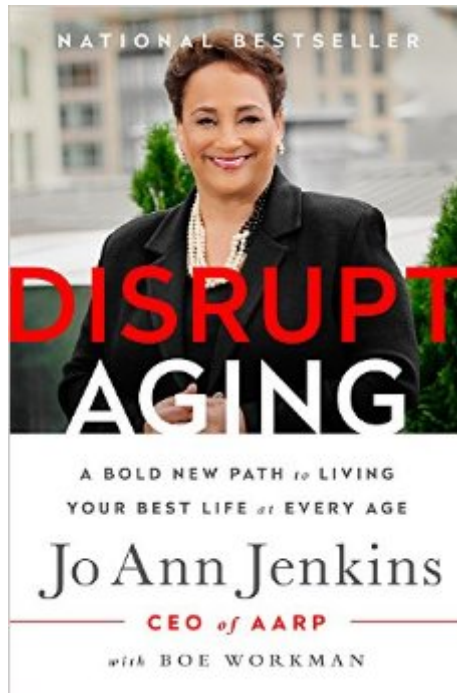


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# Disrupt Aging: A Bold New Path To Living Your Best Life At Every Age



## Synopsis

Jo Ann Jenkins's *Disrupt Aging* is spot-on: every single year is a gift. By confronting the most common stereotypes about aging, this book will help us all live each year to the fullest. Sheryl Sandberg, COO of Facebook and founder of LeanIn.OrgWe've all seen the ads on TV and in magazines; 50 is the new 30! or 60 is the new 40! A nice sentiment to be sure, but CEO of AARP Jo Ann Jenkins disagrees. 50 is 50, and she, for one, likes the look of it. In *Disrupt Aging*, Jenkins focuses on three core areas; health, wealth, and self; to show us how to embrace opportunities and change the way we look at getting older. Here, she chronicles her own journey and that of others who are making their mark as disruptors to show readers how we can be active, healthy, and happy as we get older. Through this powerful and engaging narrative, she touches on all the important issues facing people 50+ today, from caregiving and mindful living to building age-friendly communities and making our money last. This is a book for all the makers and doers who have a desire to continue exploring possibilities, to celebrate discovery over decline, and to seek out opportunities to live the best life there is.

## Book Information

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## Customer Reviews

This book is more about extended middle age rather than old age. It's not outstanding, but it gets a 3 because it is by the head of AARP, and it's useful to know what someone like this is thinking. Are "we" are just jumping on the tech-speak bandwagon of "disrupting" old age, rather than carrying out the traditional task of elders-- ensuring that strong, useful social institutions will be transmitted to the next generation? The initial chapters give examples of people who have had relatively

straightforward life paths, who are moving towards scaling back from high-pressure jobs towards more involvement in charitable and family activities. And by the way, life expectancy has actually dropped for white women, but the author glosses over this. The chipper tone in the initial chapters, using the term "we" to describe general social trends, can be a bit much. Readers who have suffered life setbacks may wish to skip to the chapter about older workers. This gives some examples of corporations which have discovered that their needs coincide with the needs of workers who are experienced, but do not have endless 20-something energy. Perhaps social pressure to consider age as a component of diversity could influence employers to hire more older workers. But what of the people who are struggling with health and socio-economic difficulties after 40, and can't really compete with their counterpart ten years younger? How do we bring them into the mix, and keep them working at a living wage? The "thousand dollar tax credit" for low income savers might give them ... \$35-45K plus interest at retirement? Hopefully enough to buy a trailer.

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