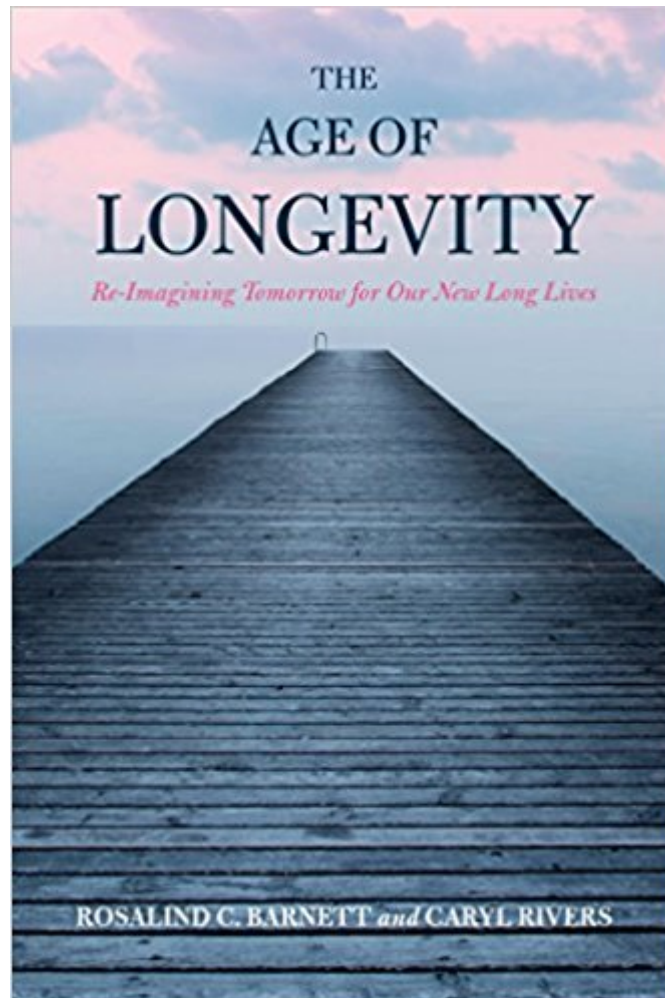




Ebook Directory
the best source of ebook

The book was found

The Age Of Longevity: Re-Imagining Tomorrow For Our New Long Lives



Synopsis

Long, productive lives are the destiny of most of us, not just the privilege of our great-grandchildren. The story of aging is not one of steady decline and decay; we need a new narrative based on solid research, not scare stories. Today Americans enjoy a new, healthy stage of life, between roughly 65 and 79, during which we are staying engaged in the workplace, starting new relationships and careers, remaining creative and becoming entrepreneurs and job creators. We are in the midst of a major paradigm shift in the way we live. Our major milestones are shifting. The definition of “normal” behavior is changing. Today, we marry later or not at all; cohabitation is not just a stepping stone to marriage, but a long-term arrangement for many. Women often have their first child in their 40s, and increasingly before they marry. People enjoy active sex lives well into their 6th, 7th or even 8th decades. None of our institutions will remain the same. People are working longer, and given the declining birth rate, older workers will be in great demand. Four generations are increasingly working side by side, learning from each other. But we must ensure that the benefits of long life are not limited to a wealthy few. The Age of Longevity shows how we as a society can embrace the life-altering changes that are either coming in the near future or are already underway. The authors give readers a panoramic view of how they, the institutions that affect them, and the country as a whole will need to adapt to what’s ahead. They offer strategies, based on cutting-edge research, that will enable individuals, institutions, companies, and governments to make the most of our lengthening life spans. Using real life examples throughout, the authors paint a picture of what our new longer lives will look like, and the changes that need to be made so we can all make those years both more productive and more enjoyable.

Book Information

File Size: 6574 KB

Print Length: 272 pages

Publisher: Rowman & Littlefield Publishers (August 22, 2016)

Publication Date: August 22, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01HUCBYJ6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #409,688 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68

in Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Social Sciences >

Gerontology #123 in Kindle Store > Books > Health, Fitness & Dieting > Aging > Longevity #314

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Aging

Customer Reviews

Enjoyable reading!

[Download to continue reading...](#)

The Age of Longevity: Re-Imagining Tomorrow for Our New Long Lives Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes Who Will Care For Us? Long-Term Care and the Long-Term Workforce: Long-Term Care and the Long-Term Workforce Re-Imagining Capitalism: Building a Responsible Long-Term Model Economics: Today and Tomorrow, Student Edition (ECONOMICS TODAY & TOMORROW) Tomorrow, When the War Began (The Tomorrow Series #1) eVolo 04 (Summer 2012): Re-imagining the Contemporary Museum, Exhibition and Performance Space: Cultural Architecture Ahead of Our Time Private Government: How Employers Rule Our Lives (and Why We Don't Talk about It): How Employers Rule Our Lives (and Why We Don't Talk about It) (The University Center for Human Values Series) The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study Anatomy of Exercise for Longevity: A Trainer's Guide to a Long and Healthy Life The Longevity Prescription: The 8 Proven Keys to a Long, Healthy Life The Longevity Revolution: The Benefits and Challenges of Living a Long Life The 100-Year Life: Living and Working in an Age of Longevity The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120 Recipes for Vitality and Optimal Health] The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health The Long War: Long Earth 2 (The Long Earth) Long-Term Dynamics of Lakes in the Landscape: Long-Term Ecological Research on North Temperate Lakes (Long-Term Ecological Research Network Series) Imagining the Past in France: History in Manuscript Painting, 1250-1500 Business, Ethics, and the Environment: Imagining a Sustainable Future

Contact Us

DMCA

Privacy

FAQ & Help