



Disrupt Aging

By Jenkins, Jo Ann/ Workman, Boe (CON)

Perseus Books Group, 2016. Hardcover. Book Condition: New. 14.6 x 21.59 cm. "At 50, I began to know who I was. It was like waking up to myself." - Maya Angelou We'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 Jo Ann Jenkins, CEO of AARP and author of Disrupt Aging, disagrees. 50 is 50 and she, for one, likes the look of it. People 50-plus today face distinct challenges and have different goals than people in their 30s and 40s. They're at a different place in their lives and are motivated by different things. They see the world through a lens that is shaped by the ups and downs of life, by the wisdom gained from those experiences, and by the comfort that comes from having a better understanding of who they are as individuals and what they want from life. We are living decades longer than our grandparents-how will we spend those years? Disrupt Aging sets out to change the current conversation about what it means to get older. In it, Jenkins chronicles her own journey, as well as those...



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