

The 100 Year Life Living And Working In An Age Of Longevity

Experience is making a comeback. Learn how to repurpose your wisdom. At age 52, after selling the company he founded and ran as CEO for 24 years, rebel boutique hotelier Chip Conley was looking at an open horizon in midlife. Then he received a call from the young founders of Airbnb, asking him to help grow their disruptive start-up into a global hospitality giant. He had the industry experience, but Conley was lacking in the digital fluency of his 20-something colleagues. He didn't write code, or have an Uber or Lyft app on his phone, was twice the age of the average Airbnb employee, and would be reporting to a CEO young enough to be his son. Conley quickly discovered that while he'd been hired as a teacher and mentor, he was also in many ways a student and intern. What emerged is the secret to thriving as a mid-life worker: learning to marry wisdom and experience with curiosity, a beginner's mind, and a willingness to evolve, all hallmarks of the "Modern Elder." In a world that venerates the new, bright, and shiny, many of us are left feeling invisible, undervalued, and threatened by the "digital natives" nipping at our heels. But Conley argues that experience is on the brink of a comeback. Because at a time when power is shifting younger, companies are finally waking up to the value of the humility,

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emotional intelligence, and wisdom that come with age. And while digital skills might have only the shelf life of the latest fad or gadget, the human skills that mid-career workers possess--like good judgment, specialized knowledge, and the ability to collaborate and coach - never expire. Part manifesto and part playbook, *Wisdom@Work* ignites an urgent conversation about ageism in the workplace, calling on us to treat age as we would other type of diversity. In the process, Conley liberates the term "elder" from the stigma of "elderly," and inspires us to embrace wisdom as a path to growing whole, not old. Whether you've been forced to make a mid-career change, are choosing to work past retirement age, or are struggling to keep up with the millennials rising up the ranks, *Wisdom@Work* will help you write your next chapter.

We are now facing a revolution in the way we work. This is not just about the impact that a low carbon economy will have on the way we work. It is also about how the nexus of technology and globalisation will work together with demographic and societal changes to fundamentally transform much of what we take for granted about work.

A practical guide to how we can positively adapt to a changing world, from the internationally bestselling authors of *The 100-Year Life* 'The London Business School professors Andrew J. Scott and Lynda Gratton have been predicting how society must

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adapt for years. Now they have a post-pandemic road map for us all' Sunday Times Smart new technologies. Longer, healthier lives. Human progress has risen to great heights, but at the same time it has prompted anxiety about where we're heading. Are our jobs under threat? If we live to 100, will we ever really stop working? And how will this change the way we love, manage and learn from others? One thing is clear: advances in technology have not been matched by the necessary innovation to our social structures. In our era of unprecedented change, we haven't yet discovered new ways of living. Drawing from the fields of economics and psychology, Andrew J. Scott and Lynda Gratton offer a simple framework based on three fundamental principles (Narrate, Explore and Relate) to give you the tools to navigate the challenges ahead. Both a personal road-map and a primer for governments, corporations and colleges, *The New Long Life* is the essential guide to a longer, smarter, happier life. 'Wonderful . . . This thought-provoking book is a must-read' Daron Acemoglu, author of *Why Nations Fail* 'This thoughtful book explores how we can reimagine our days and our societies to make our lives better – not just longer' Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* 'Stimulating, insightful and inspirational' Linda Yueh, author of *The Great Economists* 'This important book will help reframe the global debate

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about how to help every citizen to flourish' Matt Hancock, UK Secretary of State for Health and Social Care

Lauren Redniss, acclaimed author of the brilliant biography-in-collage *Radioactive*, delivers a stunning visual journey through the life of the last Ziegfeld girl, Doris Eaton Travis. Now in paperback for the first time, *Century Girl* spans the brightest moments in early show business, the major historical landmarks of the 20th century, and the intimate milestones of one woman's long life. Incorporating hundreds of archival photos and personal clippings with inventive line drawings and a compelling, hand-written narrative, *Century Girl* is a more than a biography, more than a graphic novel, and more than an art book—it is a singularly original and major work of art that *Slate* magazine calls “a visually dazzling mélange . . . unlike anything . . . ever seen before” (Best Books of 2006).

'An inspirational call to arms' DAILY MAIL 'This book is so sensible, so substantially researched, so briskly written, so clear in its arguments, that one wishes Baroness Cavendish was still whispering into the prime ministerial ear' THE TIMES 'A thoughtful handbook to help societies age gracefully' Financial Times 'This bold, visionary book is a wake-up call to governments. It is a wake-up call to us all' SUNDAY TIMES From award-winning journalist, Camilla Cavendish, comes a profound analysis of one of the

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biggest challenges facing the human population today. The world is undergoing a dramatic demographic shift. By 2020, for the first time in history, the number of people aged 65 and over will outnumber children aged five and under. But our systems are lagging woefully behind this new reality. In *Extra Time*, Camilla Cavendish embarks on a journey to understand how different countries are responding to these unprecedented challenges. Travelling across the world in a carefully researched and deeply human investigation, Cavendish contests many of the taboos around ageing. Interviewing leading scientists about breakthroughs that could soon transform the quality and extent of life, she sparks a debate about how governments, businesses, doctors, the media and each one of us should handle the second half of life. She argues that if we take a more positive approach, we should be able to reap the benefits of a prolonged life. But that will mean changing our attitudes and using technology, community, even anti-ageing pills, to bring about a revolution.

Shares advice for transitioning away from unfulfilling jobs to embark on adventurous, meaningful careers, outlining recommendations for starting a personal business with a minimum of time and investment while turning ideas into higher income levels. 60,000 first printing.

Named by The Washington Post as one of the 11

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Leadership Books to Read in 2018 When it comes to recruiting, motivating, and creating great teams, Patty McCord says most companies have it all wrong. McCord helped create the unique and high-performing culture at Netflix, where she was chief talent officer. In her new book, *Powerful: Building a Culture of Freedom and Responsibility*, she shares what she learned there and elsewhere in Silicon Valley. McCord advocates practicing radical honesty in the workplace, saying good-bye to employees who don't fit the company's emerging needs, and motivating with challenging work, not promises, perks, and bonus plans. McCord argues that the old standbys of corporate HR—annual performance reviews, retention plans, employee empowerment and engagement programs—often end up being a colossal waste of time and resources. Her road-tested advice, offered with humor and irreverence, provides readers a different path for creating a culture of high performance and profitability. *Powerful* will change how you think about work and the way a business should be run.

'Dr Anna Dixon has written a must-read for anyone interested in the future of ageing. Learn from one of the best informed about an issue, and opportunity, that is facing us all.' Andy Briggs, Head of FTSE 100 life insurer Phoenix Group 'A very important book' Sir Muir Gray *The Age of Ageing Better?* takes a radically different view of what our ageing society

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means. Dr Anna Dixon turns the misleading and depressing narrative of burden and massive extra cost of people living longer on its head and shows how our society could thrive if we started thinking differently. This book shines a spotlight on how as a society we're currently failing to respond to the shifting age profile – and what needs to change. Examining key areas of society including health, financial security, where and how people live, and social connections, Anna Dixon presents a refreshingly optimistic vision for the future that could change the way we value later life in every sense. NEW YORK TIMES BESTSELLER “I come from a family forged by tragedies and bound by a remarkable, unbreakable love,” Hunter Biden writes in this deeply moving memoir of addiction, loss, and survival. When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. In *Beautiful Things*, Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life. Humanity is on the cusp of an exciting longevity revolution. The first person to live to 150 years has probably already been born. What will your life look like

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when you live to be over 100? Will you be healthy? Will your marriage need a sunset clause? How long will you have to work? Will you finish one career at sixty-five only to go back to school to learn a new one? And then, will you be happily working for another sixty years? Maybe you'll be a parent to a newborn and a grandparent at the same time. Will the world become overpopulated? And how will living longer affect your finances, your family life, and your views on religion and the afterlife? In *100 Plus*, futurist Sonia Arrison takes us on an eye-opening journey to the future at our doorsteps, where science and technology are beginning to radically change life as we know it. She introduces us to the people transforming our lives: the brilliant scientists and genius inventors and the billionaires who fund their work. The astonishing advances to extend our lives—and good health—are almost here. In the very near future fresh organs for transplants will be grown in laboratories, cloned stem cells will bring previously unstoppable diseases to their knees, and living past 100 will be the rule, not the exception. Sonia Arrison brings over a decade of experience researching and writing about cutting-edge advances in science and technology to *100 Plus*, painting a vivid picture of a future that only recently seemed like science fiction, but now is very real. *100 Plus* is the first book to give readers a comprehensive understanding of how life-extending discoveries will change our social and economic worlds. This illuminating and indispensable text will help us navigate the thrilling journey of life beyond 100 years.

Long Life Learning offers readers a fascinating glimpse

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into a future where the average working life has no beginning, middle, or end. Contemplating a shift from the educational all-you-can-eat buffet of college and university to an "as-you-need-it" approach to delivering education, author Michelle Weise explains why and how worker education is overdue for momentous changes. Written in two parts, Long Life Learning begins by imagining a world where increased lifespans have contributed to creating working lives that span over 100 years. The book asks the question that naturally arises as a result: Will a four-year education taken at the beginning of a 100-year career adequately prepare a worker for their entire working life? After providing readers a thorough explanation of why our current education system is poorly equipped to educate workers for such a long journey, Weise outlines the solutions to the shortcomings of the existing framework. From wraparound supports for workers to targeted education, integrated earning and learning, and transparent and fair hiring, Long Life Learning describes exactly how the existing education system must adapt in order to meet the needs of a new generation of workers. The book makes a compelling case for the coming need for ongoing, periodic education, as well as training that is seamlessly integrated into our future jobs. Perfect for workers, young and old, and the educators and employers preparing talent as the ground shifts underneath their feet, Long Life Learning belongs on the bookshelves of anyone with an interest in the future of work, education, and the labor market.

China fragments, a new Cold War with Russia, Mexico

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challenges U.S., the new great powers Turkey, Poland and Japan. The Next 100 Years is a fascinating, eye-opening and often shocking look at what lies ahead for the U.S. and the world from one of our most incisive futurists. In his provocative book, George Friedman turns his eye on the future—offering a lucid, highly readable forecast of the changes we can expect around the world during the twenty-first century. He explains where and why future wars will erupt (and how they will be fought), which nations will gain and lose economic and political power, and how new technologies and cultural trends will alter the way we live in the new century. The Next 100 Years draws on a fascinating exploration of history and geopolitical patterns dating back hundreds of years. Friedman shows that we are now, for the first time in half a millennium, at the dawn of a new era—with changes in store, including:

- The U.S.-Jihadist war will conclude—replaced by a second full-blown cold war with Russia.
- China will undergo a major extended internal crisis, and Mexico will emerge as an important world power.
- A new global war will unfold toward the middle of the century between the United States and an unexpected coalition from Eastern Europe, Eurasia, and the Far East; but armies will be much smaller and wars will be less deadly.
- Technology will focus on space—both for major military uses and for a dramatic new energy resource that will have radical environmental implications.
- The United States will experience a Golden Age in the second half of the century.

Written with the keen insight and thoughtful analysis that has made George Friedman a renowned expert in geopolitics

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and forecasting, *The Next 100 Years* presents a fascinating picture of what lies ahead.

Critically acclaimed when it was first published, *Tuck Everlasting* has become a much-loved, well-studied modern-day classic. This anniversary edition features an in-depth interview conducted by Betsy Hearne in which Natalie Babbitt takes a look at *Tuck Everlasting* twenty-five years later. What if you could live forever? Is eternal life a blessing or a curse? That is what young Winnie Foster must decide when she discovers a spring on her family's property whose waters grant immortality.

Members of the Tuck family, having drunk from the spring, tell Winnie of their experiences watching life go by and never growing older. But then Winnie must decide whether or not to keep the Tucks' secret—and whether or not to join them on their never-ending journey. Praise for *Tuck Everlasting* by Natalie Babbitt:

“A fearsome and beautifully written book that can't be put down or forgotten.” —The New York Times “Exciting and excellently written.” —The New York Times Book Review

“With its serious intentions and light touch the story is, like the Tucks, timeless.” —Chicago Sun-Times “Probably the best work of our best children's novelist.”

—Harper's “Natalie Babbitt's great skill is spinning fantasy with the lilt and sense of timeless wisdom of the old fairy tales. . . . It lingers on, haunting your waking hours, making you ponder.” —The Boston Globe

“This book is as shapely, crisp, sweet, and tangy as a summer-ripe pear.” —Entertainment Weekly This title has Common Core connections.

In the popular imagination, retirement promises a well-

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deserved rest—idle days spent traveling, volunteering, pursuing hobbies, or just puttering around the house. But as the nature of work has changed, becoming not just a means of income but a major source of personal identity, many accomplished professionals struggle with discontentment in their retirement. What are we to do—individually and as a culture—when work and life experience make conventional retirement a burden rather than a reprieve? In *Retirement and Its Discontents*, Michelle Pannor Silver considers how we confront the mismatch between idealized and actual retirement. She follows doctors, CEOs, elite athletes, professors, and homemakers during their transition to retirement as they struggle to recalibrate their sense of purpose and self-worth. The work ethic and passion that helped these retirees succeed can make giving in to retirement more difficult, as they confront newfound leisure time with uncertainty and guilt. Drawing on in-depth interviews that capture a range of perceptions and common concerns about what it means to be retired, Silver emphasizes the significance of creating new retirement strategies that support social connectedness and personal fulfillment while countering ageist stereotypes about productivity and employment. A richly detailed and deeply personal exploration of the challenges faced by accomplished retirees, *Retirement and Its Discontents* demonstrates the importance of personal identity in forging sustainable social norms around retirement and helps us to rethink some of the new challenges for aging societies.

“A beautiful debut, funny, tender, and animated by a

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willingness to confront life's obstacles and find a way to survive. . . . It celebrates friendship, finds meaning in difficulty and lets the reader explore dark places while always allowing for the possibility of light. Lenni and Margot are fine companions for all our springtime journeys.”—Harper's Bazaar, UK A charming, fiercely alive and disarmingly funny debut novel in the vein of John Green, Rachel Joyce, and Jojo Moyes—a brave testament to the power of living each day to the fullest, a tribute to the stories that we live, and a reminder of our unlimited capacity for friendship and love. An extraordinary friendship. A lifetime of stories. Seventeen-year-old Lenni Pettersson lives on the Terminal Ward at the Glasgow Princess Royal Hospital. Though the teenager has been told she's dying, she still has plenty of living to do. Joining the hospital's arts and crafts class, she meets the magnificent Margot, an 83-year-old, purple-pajama-wearing, fruitcake-eating rebel, who transforms Lenni in ways she never imagined. As their friendship blooms, a world of stories opens for these unlikely companions who, between them, have been alive for one hundred years. Though their days are dwindling, both are determined to leave their mark on the world. With the help of Lenni's doting palliative care nurse and Father Arthur, the hospital's patient chaplain, Lenni and Margot devise a plan to create one hundred paintings showcasing the stories of the century they have lived—stories of love and loss, of courage and kindness, of unexpected tenderness and pure joy. Though the end is near, life isn't quite done with these unforgettable women just yet. Delightfully funny and

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bittersweet, heartbreaking yet ultimately uplifting, *The One Hundred Years of Lenni and Margot* reminds us of the preciousness of life as it considers the legacy we choose to leave, how we influence the lives of others even after we're gone, and the wonder of a friendship that transcends time.

An expert on human longevity reveals the sometimes unusual but effective secrets of diet, behavior, fitness, and attitude collected from long-lived communities around the world, revealing the critical everyday lifestyle choices and behavior that correspond to a longer, healthier life. Reprint.

#1 NEW YORK TIMES BESTSELLER • Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor's unflinching honesty, unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN** "McConaughey's book invites us to grapple with the lessons of his life as he did—and to see that the point was never to win, but to understand."—Mark Manson, author of *The Subtle Art of Not Giving a F*ck* I've been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I

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worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges—how to get relative with the inevitable—you can enjoy a state of success I call “catching greenlights.” So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it's medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

The 60-Year Curriculum explores models and strategies for lifelong learning in an era of profound economic disruption and reinvention. Over the next half-century, globalization, regional threats to sustainability, climate change, and technologies such as artificial intelligence and data mining will transform our education and workforce sectors. In turn, higher education must shift to offer every student life-wide opportunities for the

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continuous upskilling they will need to achieve decades of worthwhile employability. This cutting-edge book describes the evolution of new models—covering computer science, inclusive design, critical thinking, civics, and more—by which universities can increase learners’ trajectories across multiple careers from mid-adolescence to retirement. Stakeholders in workforce development, curriculum and instructional design, lifelong learning, and higher and continuing education will find a unique synthesis offering valuable insights and actionable next steps.

“Offers a useful reminder of the role of modern science in fundamentally transforming all of our lives.”

—President Barack Obama (on Twitter) “An important book.” —Steven Pinker, *The New York Times Book Review*

Now also a PBS documentary series: the surprising story of how humans gained what amounts to an extra life, from the bestselling author of *How We Got to Now* and *Where Good Ideas Come From* As a species we have doubled our life expectancy in just one hundred years. All the advances of modern life—the medical breakthroughs, the public health institutions, the rising standards of living—have given us each about twenty thousand extra days on average. There are few measures of human progress more astonishing than our increased longevity. This book is Steven Johnson’s attempt to understand where that progress came from. How many of those extra twenty thousand days came from vaccines, or the decrease in famines, or seatbelts? What are the forces that now keep us alive longer? Behind each breakthrough lies an inspiring story of

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cooperative innovation, of brilliant thinkers bolstered by strong systems of public support and collaborative networks. But it is not enough simply to remind ourselves that progress is possible. How do we avoid decreases in life expectancy as our public health systems face unprecedented challenges? What current technologies or interventions that could reduce the impact of future crises are we somehow ignoring? A study in how meaningful change happens in society, *Extra Life* is an ode to the enduring power of common goals and public resources. The most fundamental progress we have experienced over the past few centuries has not come from big corporations or start-ups. It has come, instead, from activists struggling for reform; from university-based and publicly funded scientists sharing their findings open-source-style; and from nonprofit agencies spreading new innovations around the world.

"Dychtwald and Morison offer a brilliant and convincing perspective: an essential re-think of what 'aging' and 'retirement' mean today and an invitation to help mobilize the best in the tidal wave of Boomer Third Agers."

—Daniel Goleman, PhD, Author, *Emotional Intelligence: Why It Can Matter More Than IQ* Throughout 99 percent of human history, life expectancy at birth was less than 18 years. Few people had a chance to age. Today, thanks to extraordinary medical, demographic, and economic shifts, most of us expect to live long lives. Consequently, the world is witnessing a powerful new version of retirement, driven by the power and needs of the Baby Boomer generation. Consumers over age 50 account for more than half of all spending and control

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more than 70% of our total net worth – yet are largely ignored by youth-focused marketers. How will work, family, and retirement be transformed to accommodate two billion people over the age of 60 worldwide? In the coming years, we'll see explosive business growth fueled by this unprecedented longevity revolution. What Retirees Want presents the culmination of 30 years of research by world-famous "Age Wave" expert Ken Dychtwald, Ph.D., and author and consultant Robert Morison. It explains how the aging of the Baby Boomers will forever change our lives, businesses, government programs, and the consumer marketplace. This exciting new stage of life, the "Third Age," poses daunting questions: What will "old" look like in the years ahead? With continued advances in longevity, all of the traditional life-stage markers and boundaries will need to be adjusted. What new products and services will boom as a result of this coming longevity revolution? What unconscious ageist marketing practices are hurting people – and business growth? Will the majority of elder boomers outlive their pensions and retirement savings and how can this financial disaster be prevented? What incredible new technologies of medicine, life extension, and human enhancement await us in the near future? What purposeful new roles can we create for elder boomers so that the aging nations of the Americas, Europe, and Asia capitalize on the upsides of aging? Which pioneering organizations and companies worldwide have created marketing strategies and programs that resonate with the quirky and demanding Boomer generation? In this entertaining, thought-

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provoking, and wide-ranging book, Dychtwald and Morison explain how individuals, businesses, non-profits, and governments can best prepare for a new era – where the needs and demands of the "Third Age" will set the lifestyle, health, social, marketplace, and political priorities of generations to come.

What will your 100-year life look like? Does the thought of working for 60 or 70 years fill you with dread? Or can you see the potential for a more stimulating future as a result of having so much extra time? Many of us have been raised on the traditional notion of a three-stage approach to our working lives: education, followed by work and then retirement. But this well-established pathway is already beginning to collapse – life expectancy is rising, final-salary pensions are vanishing, and increasing numbers of people are juggling multiple careers. Whether you are 18, 45 or 60, you will need to do things very differently from previous generations and learn to structure your life in completely new ways. The 100-Year Life is here to help. Drawing on the unique pairing of their experience in psychology and economics, Lynda Gratton and Andrew Scott offer a broad-ranging analysis as well as a raft of solutions, showing how to rethink your finances, your education, your career and your relationships and create a fulfilling 100-year life. · How can you fashion a career and life path that defines you and your values and creates a shifting balance between work and leisure? · What are the most effective ways of boosting your physical and mental health over a longer and more dynamic lifespan? · How can you make the most of your intangible assets – such as family and

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friends – as you build a productive, longer life? · In a multiple-stage life how can you learn to make the transitions that will be so crucial and experiment with new ways of living, working and learning? Shortlisted for the FT/McKinsey Business Book of the Year Award, *The 100-Year Life* is a wake-up call that describes what to expect and considers the choices and options that you will face. It is also fundamentally a call to action for individuals, politicians, firms and governments and offers the clearest demonstration that a 100-year life can be a wonderful and inspiring one.

Discover how to make the second half of your life happy and productive with this perceptive and inspiring guidebook that will help you achieve your dreams and get more out of life—whether or not retirement is in your future plans. We are living in a time when everyone is constantly reassessing what is next for them. In the mid-career group, people who have spent years working are now seeing their industry dramatically evolve and are facing the question: “What does that mean for me in the next twenty years?” At the same time, the post-career population is also going through massive change and dealing with the fact that many of them are not prepared financially, logistically, or emotionally for the next phase of their lives. And while we may want to retire, most of us don’t want to do nothing. With expert insight and approachable techniques, *Roar* will help you identify fresh goals and take meaningful action to achieve a purposeful life. Featuring a unique and dynamic 4-part process, *Roar* will show you how to: - Reimagine yourself - Own who you are - Act on what’s next -

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Reassess your relationships Transformative and invigorating, this is the ultimate roadmap to the latest journey of your life.

Not just an anti-aging book, *The 100 Year Lifestyle* is a total life approach for increasing quality and quantity of years. This revolutionary book reveals the secret of making the most of our extended lifestyle. It gives the mindset, tools, and strategies to enjoy the highest quality of life as we age in years without aging in body and mind, including diet nutrition, exercise, mental agility, creativity, finances, friends and family, work, community, and a sense of purpose. This unique program for optimum health and happiness is as interactive as it is informative, offering readers the opportunity to customize their new 100 Year Lifestyle to suit their own needs.

One of the 20th century's enduring works, *One Hundred Years of Solitude* is a widely beloved and acclaimed novel known throughout the world, and the ultimate achievement in a Nobel Prize-winning career. The novel tells the story of the rise and fall of the mythical town of Macondo through the history of the Buendía family. It is a rich and brilliant chronicle of life and death, and the tragicomedy of humankind. In the noble, ridiculous, beautiful, and tawdry story of the Buendía family, one sees all of humanity, just as in the history, myths, growth, and decay of Macondo, one sees all of Latin America. Love and lust, war and revolution, riches and poverty, youth and senility -- the variety of life, the endlessness of death, the search for peace and truth -- these universal themes dominate the novel. Whether he is describing an affair of passion or the voracity of capitalism and the

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corruption of government, Gabriel García Márquez always writes with the simplicity, ease, and purity that are the mark of a master. Alternately reverential and comical, *One Hundred Years of Solitude* weaves the political, personal, and spiritual to bring a new consciousness to storytelling. Translated into dozens of languages, this stunning work is no less than an accounting of the history of the human race.

A heartstopping, poignant, epic adventure story about a boy destined to live forever, who only wants to grow up. Without death, life is just existence. Have you ever wondered what it would be like to live forever? Well, Alfie Monk can tell you. He may seem like an ordinary eleven-year-old boy, but he's actually more than a thousand years old--and remembers the last Viking invasion of England, not to mention the French Revolution and both World Wars. Way back in the tenth century, he and his mother were given the alchemical secret to eternal life. But when everything Alfie knows is destroyed in a fire, and the modern world intrudes, he must embark on a mission--along with friends Aidan and Roxy--to find a way to reverse the process and grow up like a regular boy. This astonishing new novel from the author of *Time Traveling with a Hamster*, told in alternating perspectives by Alfie and Aidan, is a tour de force--a sweeping epic that takes you on an unforgettable, breathtaking adventure and asks big questions about the meaning of life.

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NEW YORK TIMES BESTSELLER USA TODAY
BESTSELLER NATIONAL INDIE BESTSELLER
THE WASHINGTON POST BESTSELLER

Recommended by Entertainment Weekly, Real
Simple, NPR, Slate, and Oprah Magazine #1 Library
Reads Pick—October 2020 #1 Indie Next

Pick—October 2020 BOOK OF THE YEAR (2020)

FINALIST—Book of The Month Club A “Best Of”

Book From: Oprah Mag * CNN * Amazon * Amazon

Editors * NPR * Goodreads * Bustle * PopSugar *

BuzzFeed * Barnes & Noble * Kirkus Reviews *

Lambda Literary * Nerdette * The Nerd Daily *

Polygon * Library Reads * io9 * Smart Bitches

Trashy Books * LiteraryHub * Medium * BookBub *

The Mary Sue * Chicago Tribune * NY Daily News *

Syfy Wire * Powells.com * Bookish * Book Riot *

Library Reads Voter Favorite * In the vein of The

Time Traveler’s Wife and Life After Life, The

Invisible Life of Addie LaRue is New York Times

bestselling author V. E. Schwab’s genre-defying

tour de force. A Life No One Will Remember. A Story

You Will Never Forget. France, 1714: in a moment of

desperation, a young woman makes a Faustian

bargain to live forever—and is cursed to be forgotten

by everyone she meets. Thus begins the

extraordinary life of Addie LaRue, and a dazzling

adventure that will play out across centuries and

continents, across history and art, as a young

woman learns how far she will go to leave her mark

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on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Bestselling author Dan Buettner reveals how to transform your health using smart nutrition, lifestyle, and fitness habits gleaned from longevity research on the diets, eating habits, and lifestyle practices of the communities he's identified as "Blue Zones"—those places with the world's longest-lived, and thus healthiest, people, including locations such as Okinawa, Japan; Sardinia, Italy; Costa Rica's Nicoya Peninsula; Ikaria, Greece; and Loma Linda, California. With the audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive health care project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. In *The Blue Zones Solution*, readers can be inspired by the specific stories of the people, foods, and routines of our healthy elders; understand the role community, family, and naturally healthy habits can play in improving our diet and health; and learn the exact foods—including the 50 superfoods of longevity and dozens of recipes adapted for Western tastes and

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markets—that offer delicious ways to eat your way to optimum health. Throughout the book are lifestyle recommendations, checklists, and stories to help you create your own personal Blue Zones solution.

Readers will learn and apply the 80/20 rule, the plant slant diet, social aspects of eating that lead to weight loss and great health naturally, cultivating your "tribe" of friends and family, and your greater purpose as part of your daily routine. Filled with moving personal stories, delicious recipes, checklists, and useful tips that will transform any home into a miniature blue zone, *The Blue Zones Solution* is the ultimate blueprint for a healthy, happy life.

Discusses the latest findings on aging, medicine, and psychological health, and offers advice on how to enjoy one's extended lifespan.

From the acclaimed Booker Prize-winning author comes a dazzling novel of family, love and love's disappointments Anna's aged mother is dying.

Condemned by her children's pity to living, subjected to increasingly desperate medical interventions, she turns her focus to her hospital window, through which she escapes into visions of horror and delight. When Anna's finger vanishes and a few months later her knee disappears, Anna too feels the pull of the window. She begins to see that all around her, others are similarly vanishing, yet no one else notices. All Anna can do is keep her mother alive.

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But the window keeps opening wider, taking Anna and the reader ever deeper into an eerily beautiful story of grief and possibility, of loss and love and orange-bellied parrots. Hailed on publication in Australia as Richard Flanagan's greatest novel yet, *The Living Sea of Waking Dreams* is a rising ember storm illuminating what remains when the inferno beckons: one part elegy, one part dream, one part hope.

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An unlikely duo of a psychologist and an economist, Lynda Gratton and Andrew Scott bring their

expertise to analyze and offer solutions on the unique challenges in a world in which people are living closer to a 100-year life. Learn how to rethink your life plan, tackling issues like your relationships, your education, your career, and your retirement.

How do you handle the prospect of working for 60 or 70 years? When and how should you start planning for a retirement that might not come until your 70s?

How do you enjoy life to its fullest all the way through your 80s and 90s? Gratton and Scott offer a roadmap for navigating a life approaching the triple digits.

You always know when you are in a Hot Spot. You feel energized and vibrantly alive. Your brain is

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buzzing with ideas, and the people around you share your joy and excitement. Things you've always known become clearer, adding value becomes more possible. Ideas and insights from others miraculously combine with your own to create new thinking and innovation. When Hot Spots arise in and between companies, they provide energy for exploiting and applying knowledge that is already known and genuinely exploring what was previously unknown. Hot Spots are marvelous creators of value for organizations and wonderful, life-enhancing phenomena for each of us. Lynda Gratton has spent more than ten years investigating Hot Spots--discovering how they emerge and how organizations can create environments where they will proliferate and thrive. She has studied dozens of companies and talked to hundreds of employees, managers, and executives in the US, Europe, and Asia. She has asked the important questions: Why and when do Hot Spots emerge? What is it about certain groups of people that support the emergence of Hot Spots? What role do leaders play? She's discovered a host of elements that together contribute to the emergence of Hot Spots--creating energy and excitement, and supporting and channeling that energy into productive outcomes. In this groundbreaking book, Gratton describes four crucial qualities that an organizational culture must have to support the emergence of Hot Spots, looks

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at what leaders can do to encourage them, and offers activities and tools you can use in your own company to increase the probability of them arising. In these days when traditional organizational boundaries are becoming barriers to progress, Gratton offers advice and guidance that you can use right now to increase the probability of Hot Spots emerging in your organization.

“A fascinating look at how scientists are working to help doctors treat not just one disease at a time, but the aging process itself.” —Dr. Sanjay Gupta A startling chronicle by a brilliant young scientist takes us onto the frontiers of the science of aging, and reveals how close we are to an astonishing extension of our life spans and a vastly improved quality of life in our later years. Aging--not cancer, not heart disease--is the true underlying cause of most human death and suffering. We accept as inevitable that as we advance in years our bodies and minds begin to deteriorate and that we are ever more likely to be felled by dementia or disease. But we never really ask--is aging necessary? Biologists, on the other hand, have been investigating that question for years. After all, there are tortoises and salamanders whose risk of dying is the same no matter how old they are. With the help of science, could humans find a way to become old without getting frail, a phenomenon known as "biological immortality"? In *Ageless*, Andrew Steele, a

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computational biologist and science writer, takes us on a journey through the laboratories where scientists are studying every bodily system that declines with age--DNA, mitochondria, stem cells, our immune systems--and developing therapies to reverse the trend. With bell-clear writing and intellectual passion, Steele shines a spotlight on a little-known revolution already underway.

The Ancient Secret to Longevity, Vitality, and Life Transformation

NEW YORK TIMES BESTSELLER • A searing, deeply moving memoir of illness and recovery that traces one young woman's journey from diagnosis to remission to re-entry into "normal" life—from the author of the Life, Interrupted column in The New York Times "I was immersed for the whole ride and would follow Jaouad anywhere. . . . Her writing restores the moon, lights the way as we learn to endure the unknown."—Chanel Miller, The New York Times Book Review "Beautifully crafted . . . affecting . . . a transformative read . . . Jaouad's insights about the self, connectedness, uncertainty and time speak to all of us."—The Washington Post In the summer after graduating from college, Suleika Jaouad was preparing, as they say in commencement speeches, to enter "the real world." She had fallen in love and moved to Paris to pursue her dream of becoming a war correspondent. The real world she found, however, would take her into a

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very different kind of conflict zone. It started with an itch—first on her feet, then up her legs, like a thousand invisible mosquito bites. Next came the exhaustion, and the six-hour naps that only deepened her fatigue. Then a trip to the doctor and, a few weeks shy of her twenty-third birthday, a diagnosis: leukemia, with a 35 percent chance of survival. Just like that, the life she had imagined for herself had gone up in flames. By the time Jaouad flew home to New York, she had lost her job, her apartment, and her independence. She would spend much of the next four years in a hospital bed, fighting for her life and chronicling the saga in a column for *The New York Times*. When Jaouad finally walked out of the cancer ward—after countless rounds of chemo, a clinical trial, and a bone marrow transplant—she was, according to the doctors, cured. But as she would soon learn, a cure is not where the work of healing ends; it's where it begins. She had spent the past 1,500 days in desperate pursuit of one goal—to survive. And now that she'd done so, she realized that she had no idea how to live. How would she reenter the world and live again? How could she reclaim what had been lost? Jaouad embarked—with her new best friend, Oscar, a scruffy terrier mutt—on a 100-day, 15,000-mile road trip across the country. She set out to meet some of the strangers who had written to her during her years in the hospital: a teenage girl in Florida also recovering

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from cancer; a teacher in California grieving the death of her son; a death-row inmate in Texas who'd spent his own years confined to a room. What she learned on this trip is that the divide between sick and well is porous, that the vast majority of us will travel back and forth between these realms throughout our lives. *Between Two Kingdoms* is a profound chronicle of survivorship and a fierce, tender, and inspiring exploration of what it means to begin again.

Do you feel like throwing in the towel, but want to be a great leader? Would you like to build an organization? Do you want your child to be the best she can be? If you answered yes to any of these questions, *The Habit of Winning* is the book for you. It is a book that will change the way you think, work and live, with stories about self-belief and perseverance, leadership and teamwork—stories that will ignite a new passion and a renewed sense of purpose in your mind. The stories in *The Habit of Winning* range from cola wars to cricketing heroes, from Michelle Obama's management techniques to Mahatma Gandhi's generosity. There are life lessons from frogs and rabbits, sharks and butterflies, kites and balloons. Together they create a heady mix that will make the winner inside you emerge and grow.

If there is one thing that most of us aspire to, it is, simply, to be happy. And yet attaining happiness has

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become, it appears, anything but simple. Having stuff -the latest, the newest, the best yet - is all too often peddled as the sure fire route to happiness. So why then, in our consumer-driven society, is depression, stress and anxiety ever more common, affecting every strata of society and every age, even, worryingly, the very young? Kate Humble's fresh and frank exploration of a stripped-back approach to life is uplifting, engaging and inspiring - and will help us all find balance and happiness every day.

Praise for Portfolio Life "Dave Corbett's book turns two simple ideas into a program for life-enrichment, that you can create a life expressly for yourself and that the so-called retirement years are the best time to do it. Drawing on a lifetime of work with people who were rethinking what they wanted and their direction, he shows how to do both those things. Be warned: If you read the book, you're going to be changed. But I think you'll like how you turn out."

--Bill Bridges, author, *Transitions and Job Shift*

"Dave's book reveals a powerful and profound formula for crafting a genuinely rich life. If you agree that retirement is passé, and you are a lifelong learner and have a desire to make your life count in a deeply fulfilling way, you will love this book." --Fred Harburg, former chief learning officer and president, Motorola University "Healthy, fit, financially secure, and happy for another 40 years? Is there really that kind of gold over 'them thar' hills? Yes, and Portfolio

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Life is the guide, leading boomers to a life path never before traveled by so many. Don't pass 50 without it." --Natalie Jacobson, news anchor, WCVB-TV Boston

"This is the work of a wise, thoughtful author with decades of experience helping people be more successful in the next chapter of their lives. It will help you embrace change and explore the possibilities that come with an additional 20 to 30 productive years to be designed and lived on your own terms." --Anne Szostak, chairman, The Boys & Girls Clubs of America

"This timely book should be read by anyone of any age who wants his or her life to have meaning and purpose beyond the accumulation of money and things." --Millard Fuller, founder, Habitat for Humanity and the Fuller Center for Housing

An extraordinary literary journey, *100 Years* celebrates every age from birth to 100 with quotations from the world's greatest writers. This literary tapestry of the human experience will delight readers of all backgrounds. Moving year by year through the words of our most beloved authors, the great sequence of life reveals itself—the wonders and confinements of childhood, the emancipations and frustrations of adolescence, the empowerments and millstones of adulthood, the recognitions and resignations of old age. This trove of wisdom—featuring immortal passages from Arthur Rimbaud, Sylvia Plath, Virginia Woolf, David Foster

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Wallace, William Shakespeare, Herman Melville, Jane Austen, and Maya Angelou, among many others—reminds us that the patterns of life transcend continents, cultures, and generations. As Thomas Mann wrote of our most shared human experience: "It will happen to me as to them." Designed by the legendary Milton Glaser, who created the I ? NY logo, 100 Years brings together color, type, and text to illuminate the ebb and flow of an entire life.

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