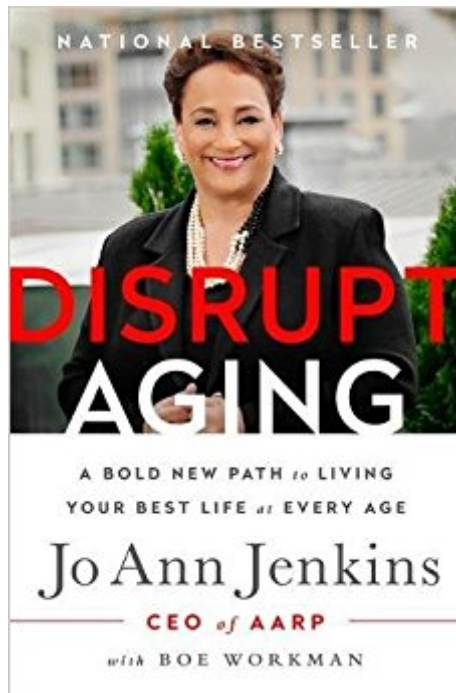




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# Disrupt Aging: A Bold New Path To Living Your Best Life At Every Age



## 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.Org

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 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

Remarkable. Here is a book that that will make you rethink everything you thought you knew [about] what it means to grow older. —Barnes and Noble

Jenkins has written a playbook for improving life for adults at any age, pointing the way to the freedom to choose, earn, learn, and pursue happiness. With a positive outlook and many

creative suggestions, this straightforward book will be an inspiration to boomers and millennials. —Booklist; 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.Org; Jo Ann Jenkins believes that age and experience can expand life's possibilities for all of us. In this personal and thought-provoking book, she inspires us to seize the opportunities that longer lives give us and to embrace aging as something to look forward to, not something to fear. —Jeff Gordon, Four-time NASCAR Cup Series Champion "In *Disrupt Aging*, Jo Ann Jenkins lays out a game plan for living your best life regardless of your age. —Dan Marino, former NFL Quarterback

Jo Ann Jenkins is chief executive officer of AARP, the world's largest nonprofit, nonpartisan membership organization dedicated to social change and helping people 50 and over to improve the quality of their lives. Prior to her appointment as CEO, Jenkins served as their chief operating officer and before that, was president of AARP Foundation, AARP's affiliated charity. Prior to the coming to AARP Foundation, Jenkins was the CEO of the Library of Congress. In May 2010, she was recognized by the technology industry with the 11th annual Women in Technology Leadership Award for her innovative work on the Library of Congress Experience. She is also a recipient of the Library of Congress Distinguished Service Award. She is a Malcolm Baldrige fellow, recipient of the 2013 Black Women's Agenda Economic Development Award for spearheading investments undergirding innovative social impact programs, and one of the NonProfit Times' Power and Influence Top 50 for 2013 and 2014.

There is absolutely nothing new (or even mildly interesting) in this book. Jenkins book is full of tired cliches, old anecdotes and worn out quotes. If it weren't for her AARP connection, I doubt this book would have ever been published. Statements from the book such as, "Let's face it: it's expensive to be alive" and "We're busy people living busy lives" and "We are a nation that loves its automobiles" made me wonder if the famous people who recommended it, and described it as "brilliant" and "compelling," had actually read it. This book was a complete waste of my time and money.

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. Guess it would be a start; cheaper and easier to implement than an actual housing program involving permanent structures. It is useful to understand the perspective on aging as viewed from the position of someone heading of AARP. The challenges of old age are mostly covered in the sections about arranging for appropriate health care. If you are a perky person given to organizing million dollar public private partnership grants for Habitat for Humanity senior housing, this book is for you! Given the current climate in Congress, where many legislators in the majority believe all social problems should be handled by families and the church, the chipper, pro-private sector tone of this book may be an unfortunate (though annoying) necessity. The overall thrust of this book, of viewing older people as contributors instead of liabilities, is very welcome. Less certain about that chipper tone. Apparently, if you are someone who must keep working "out of financial necessity," then it's just on you to take better care of your health, and grin and bear it. If you buy this book, you might want to sit down with your friends after reading it, and have your book group discuss it. Is "It's all up to you, to volunteerism, and to the private sector" really the way you think our country should care for the old? Sure, it's great to counter age discrimination and encourage everyone to remain healthy, vital people who contribute to society. But older workers who have worn out their bodies through physically demanding labor will not be very enthusiastic at the idea that they should continue volunteering, or showing up for work at whatever pay they can still get. (WalMart greeter comes to mind, alas.)

Found no useful information and thought the writing was extremely boring. Sorry I purchased. I loaned it to my Boss to read and she was glad that she did not bother to purchase it.

I paid for headlines from AARP's magazine that a ghostwriter collected as a slender book. There was nothing new here. The book would be ok for someone looking for a rather vapid pep talk about getting older. Hint: Seniors spend a lot of money, so we're special.

Ms. Jenkins has an important point to make regarding not thinking of age as a number but a state of mind and directed energy. She talks glowingly of new types of developments for happy seniors and intergenerational developments. I simply could not make my way past that part. She totally ignores the vast numbers of people over 50 who have no resources, who can't find decent housing, who can't redirect their lives due to illness, disability, or other misfortunes - and to be fair, some of their own making. But I am a Realtor who tries to find people in Charlotte have waited 5-7 years for a section 8 voucher so they can find a place to live, who find that there simply aren't any, and if they don't find one in a short time period, they lose the voucher, AND they can't reapply because Charlotte is not taking any applications anymore. There are waiting list of YEARS, but where people are supposed to live while they are on the waiting list is a fine question. So talking endlessly about all the wonderful possibilities, and particularly as the CEO of AARP, I would find it more worthwhile she tried to write about the "talk" of section 8 and other help that is supposedly passed out to people willy nilly that has no reality behind it. To be fair, I flunked retirement after three years and decided to go back to work because I love to work and I wanted to find meaning in things that I did to help people, so I focus on mature adults and seniors to help them find "the right place to live" as if they all had the ability and financial wherewithal to actually choose - which they don't most times. So, I am an example of her Disrupt Aging and do what you want, learn, earn, live, etc., but here happy puppy examples of her friend - the doctors, and business owners, and lawyers who get together and chat about their wonderful lives. Look around ladies. The view is only good if you look sideways or up. Not so pretty when you're down, and it sounds like you simply don't.

I bought this book after seeing the author on TV. Her discussion was lively and interesting and being an aging baby boomer, I wanted to see what else she had to say. It is well written and thoughtful and made some compelling arguments that aging doesn't end one's contributions in life. However, I feel she was a bit unrealistic in regards to the average person in the issues of societal contributions, finances, and health. There is a work book in the back of the book with sets of questions relating to

the chapters that personalize the content for the reader.

I enjoyed the upbeat way this was written and the facts and statistics that were included. I just recently turned 65, but have always felt that age is a state of mind. I feel that my life just keeps getting better and better and that I am able to embrace new opportunities that I was unable to take advantage of earlier in my life.

If you want to get depressed read this book

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