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Lighter As We Go: Virtues, Character Strengths, And Aging



Synopsis

The fears of aging have been one long cascading domino effect through the years: twenty year-olds dread thirty; forty year-olds fear fifty; sixty fears seventy, and so it goes. And there is something to worry about, though it isn't what you'd expect: research shows that having a bad attitude toward aging when we're young is associated with poorer health when we're older. These worries tend to peak in midlife; but in *Lighter as We Go*, Mindy Greenstein and Jimmie Holland show us that, contrary to common wisdom, our sense of well-being actually increases with our age--often even in the presence of illness or disability. For the first time, Greenstein and Holland--on a joint venture between an 85 year-old and a fifty year-old--explore positive psychology concepts of character strengths and virtues to unveil how and why, through the course of a lifetime, we learn who we are as we go. Drawing from the authors' own personal, intergenerational friendship, as well as a broad array of research from many different areas--including social psychology, anthropology, neuroscience, humanities, psychiatry, and gerontology--*Lighter as We Go* introduces compassion, justice, community, and culture to help calm our cascading fears of aging.

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Customer Reviews

Delightful & Inspiring! I got my copy of *Lighter As We Go* at noon and read straight through all afternoon. Greenstein and Holland are a terrific team. Theyâ™ve woven a wonderful blend of personal stories and fascinating research. The word that comes to mind is wisdom. For all the silly people who think they have to lie about their age, this is a great book, and for all the people who are

happy to tell their age, this is a great book as well. The perfect birthday present. The book is as delightful as the cover!

Much has been written about lately regarding how to stay youthful looking, acting and feeling, no matter how many candles you blow out on your birthday cake. While I'm all for staying as active and engaged as possible as I age, I'm more interested in learning how to accept with grace and good humor the fact that I'm growing older, without getting old, and to live each day of my life with gratitude and joyâ "all the way to the very end of my life. This small volume is interesting, easy to read and filled with heartwarming stories and solid advice and wisdom about how to remain young-at-heart while growing older, in spite of the challenges. I am sure I'll reach for it again and again in the future when I feel I need an attitude adjustment about frustrations related to aging. I do wonder, though, why the publisher decided to put the type in such a small font size when the targeted readership are into their 70s, 80s and 90s!

The authors have captured the trials and triumphs of getting older in a well-written and compelling narrative. Full disclosure: I've been a fan of Greenstein's since I first read an article of hers in the New York Times--about missing her doorman when he died.

I would recommend this book to anyone in need of comfort about the aging process because it is easy to read and it provides great information to help with different thinking about the later years along life's journey. All of the information is supported by studies and research findings.

Interesting concept but barely enough "information" for a book half the size. There is a lot of duplication and some rather inane sections. Glad these ladies got to express themselves and there are some concepts to think about but all in all, it is not a great read.

I expected more since the writers have a lot of experience and years on this field.

Very well-written book, with many real-world examples and stories. Makes aging and mortality less scary. Some of the stories of real people are very inspiring.

Some spot-on comments, observations, understanding & encouragement for individuals who are beginning to 'travel lighter' as well as those who love them.

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