

"A glorious mix of sociology and self-help."

—DANIEL PINK, author of *Drive*

30 LESSONS *for* LIVING

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TRIED *and* TRUE
ADVICE
from the
WISEST AMERICANS

— — — — —
Karl Pillemer, Ph.D.

With a New Preface by

JANE BRODY

Karl Pillemer Ph.D.

30 Lessons for Living: Tried and True Advice from the Wisest Americans



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“ Their moving tales and uncompromisingly honest answers frequently surprised him.equal parts information and inspiration.is a book to keep and to give.”—Amy Dickinson, nationally syndicated tips columnist "Ask Amy"More than one thousand extraordinary Americans talk about their tales and the wisdom they have gained on living, loving, and acquiring happiness.Like This I Believe, StoryCorps's Heartfelt and ever-endearing— And he found that he regularly heard suggestions that pointed to these thirty lessons for living. Right here he weaves their personal recollections of complications overcome and lives well lived into a timeless reserve filled up with the hard-won information these older Americans desire somebody had given them if they were youthful.After a chance encounter with a fantastic ninety-year-old woman, famous gerontologist Karl Pillemer began to wonder what the elderly know about life that ordinary people don't.His quest led him to interview several thousand Americans older than sixty-five to get their counsel on all the big issues- children, marriage, money, profession, aging.Listening Can be an Act of Appreciate, and 30 Lessons for Living Tuesdays with Morrie, This is a book to maintain by your bedside and go back to often. Offering very clear advice toward a far more fulfilling life, it is as useful as it is inspiring.



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Life is short... Period Spent Worrying can be Wasted; I was in a hurry - learning, climbing. As several interviewees confessed in later on comments: The brand new generations have become convinced that we, the elders, are irrelevant and our views are archaic. Huh? At 30, it's family, profession and it's obligations - no time to contemplate. At x0, (I cannot believe it or say it or type it)... Little time to read. Where did the years move? Who better to learn from than people who have been there and completed that. I'm locked in on this book. It gives you hope to know that there are people out there who've gone through worse than anyone I understand and they have come out content and fulfilled with existence. (Coincidence? Fascinating subject matter!) I go through an Amazon review where the reviewer described the book as "Profound. Talk to Each Other; Some incredibly important insights. To end up being meaningful, the number of participants ought to be around 1000 and really should be from several sectors of the culture. I was skeptical. How does one strategy such a project? And I was incorrect. (Again) There is an approximated \$1 billion spent every year on self-improvements books in the U.S. That's what I am looking towards. Overriding lesson for young people: Quit obsessing over the BS. Karl Pillemer, the writer and a gerontologist at Cornell, interviewed a lot more than 1,000 older People in america between the age groups of 70 to 100 in search of lessons for living. I've given several copies apart to people I value out. Lessons range from: * Lessons for a Happy Marriage (Marry Someone a Lot Like You; The voices of professionals are calm.." Really? Time is normally of the Essence; Don't quit looking for a job you love; What were your core values and principles ? Take A Lifelong Watch of Relationships with Children)* Lessons For Maturing Fearlessly and Well (Becoming Old is way better than you imagine; learned. Don't Hit YOUR CHILDREN; contemporaries' values. Everyone requirements autonomy)* Lessons for Parenting (It's all about time; Act Now AS IF YOU will need your body for 100 years; Don't Worry Approximately Dying; I have no idea if it is life changing but I have always got an appreciation for what and life experience of my elders having worked well at an assisted living home as my first job after high school through college. Plan ahead where you will live)* Lessons For Living a Life Without Regrets (Continually be honest; State Yes to Opportunities; I came across myself becoming pulled along - with skepticism becoming stripped down to bare bones of belief as I switched the pages. Select a Mate with Great Care; Say It Right now before it is too late)* Lessons for Living As an Expert (Choose Pleasure; Commit to Marriage not just your lover)* Lessons for an effective and Fulfilling Career (Seek Intrinsic Rewards, not economic ones; Pleasure is usually a Choice, not really a condition; At 20, I wouldn't have read it. Think Small;. Live by the Golden Rule) I was deeply moved by this publication. Travel More; Throughout history, humans have already been searching for a better way to live their lives - a less strenuous and more meaningful way, materially and spiritually. How exactly to Tap the Wisdom and Connection with the Elderly? Friendship is Important; Possess Faith;. Many sociologists appear to agree and have: How frequently do we see young groups seeking the tips of, or even socializing with, the elders? To ensure an effective sociological approach, the analysis was carried out in cooperation with Cornell University (Ithaca, NY) and was subject to its approval.. It's regular to have favorites but don't show it; But I'm wary..zen-like. The author weaves lessons and tales gently throughout - - a gradual moving stream making its way south. **STRONGLY SUGGESTED.** The power of the reserve is in the tales and the anecdotes of the "experts" (the word he uses to spell it out the elders who are interviewed for his study). He's to something. In their search, this reserve entitled '30 Lessons for Living' by the gerontologist Dr. K. Pillemer, should be a welcome supply. The book is exclusive in its strategy; it is based on tapping the wisdom of the elders in the society who lived and experienced existence fully and are willing to share their encounter and understanding with the brand new generations. (Highly). Different but well worth the read So often you go through these books based on views of extremely successful people. Uncertain I can recall one lesson from these books. In this research the average age of the candidates ranged between 74 and 80 Years..The purpose of the project was to attempt to gain some insight into the experience of those

elders and to see how to create it beneficial for the brand new generations. This is a short sample of the queries asked: That which was your most significant lesson for living that you intend to move on to the new generations? What's your assistance to them regarding relationship, raising children , health insurance and careers? Take full advantage of a Bad Work, Emotional Cleverness Trumps all; What would you recommend them about maturing gracefully?Although this project was carefully studied and implemented, and attracted very much attention, yet, looking back critically, it leaves some questions in your brain of the reader concerning its practicality. If the core issue is to make it useful to new generations, what assurance have we that the problems encountered by the elders, say some 70 years ago, it's still applicable to the circumstances of the brand new generations today? Possess we not really witnessed the overwhelming changes that have taken place within the last hundred years in almost all walks of lifestyle?A far more serious issue may be the current gap between your elders and the new generations. Mortality?peaceful. Unfortunately, those wise and experienced elders who could possibly be so beneficial to their society, are actually more and more ignored and sidelined.Fuad R QubeinJuly 2018 Very inspirational The books can at time be redundant but from what I've read so far, I want to keep reading because every time I must put it down I feel a little more enlightened and inspired. Stay Connected to others; Possibly the best job before the one I have today. The people you meet truly touch your daily life and that's what I love about this book, it feels as though words from someone you understand and admire. Uncertain how I tripped into the book. And even more advice columns, television specialists, and websites - all preaching information of one kind or another. I am hoping to help make the time I've in this lifestyle count and keep some wisdom and goodness behind. Excellent read.. Deepak Sharma would say Not. I really liked the idea behind the reserve...and how it's important to tap some of our most effective resources. Excellent read.. At 40, I'm starting to settle, mind is opening - I might have given this reserve a glance. Highly recommend reading it Such an excellent book...what a shame. good good Such an excellent book.but frequently ignored.. He spent over 5 years on the project and summarized his results in this publication. My eyes are WIDE OPEN. Recommend reading it.. Don't Maintain Score;people who got it right and people who first got it wrong. Probably the most impactful and meaningful books I've ever read. This book will have you re-examining your core values Delved into the resources of my 70+ y.o. Avoid A Rift NO MATTER WHAT; Yet none of them speak from connection with having lived and discovered. The author's plan was to ensure that all participants are 65 years and over. Loved the strategy of the book which asked comparable of elderly that your author branded - professionals. Loved it. How many top-10-list self-help books have I read? Well written by the writer who crafted a book that wove their amazing tales into life lessons. Well worth the read. Five Stars Great tips and reminders on how to live a fulfilling lifestyle.



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