

bolder

Making the Most of Our Longer Lives

CARL HONORÉ

INTERNATIONAL BESTSELLING AUTHOR OF **IN PRAISE OF SLOW**

Carl Honore

Bolder: Making the Most of Our Longer Lives



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Carl Honoré captured the zeitgeist with his international bestseller, *In Praise of Slow*. that people can work less and devote additional time to family members, leisure, and giving back again to our communities inside our middle years; A revolution in how exactly we age is on its way. He looks at the cultural, medical, and technological developments that are opening fresh possibilities for all of us all. that will never change. For a start, we will have to tear up the old script that locks us into devoting the first part of our life to education, the center chunk to functioning and raising kids, and whatever is definitely left over at the end to leisure. The time has come to cast off prejudices and to blur the lines of what's possible and permissible at every stage of life. We'll embrace the idea that we can carry on learning from start to end; Emboldening ourselves in old age needs big structural changes. What can and can change is how exactly we age--and how we can all have a much bolder approach to doing it with vigour and pleasure. In an age-inappropriate world, these silos will dissolve. Put simply: we have to learn to re-imagine our method of later life. Today he tackles another increasing global movement: our revolutionary new method of a human being inevitability--ageing. Carl Honoré has travelled the globe talking with influential figures who are bucking preconceived notions of age, whether at the job or in their personal lives. and that we can remain energetic and engaged in our old age. Yes, ageing is unavoidable: one year from today we will all be a year older; Bolder is certainly a radical re-believe of our approach to everything from education, health care and work, to create, relationships and politics. An important and inspiring browse for everyone thinking about our collective future.



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