THIS CHAIR ROCKS: A MANIFESTO AGAINST AGEISM ASHTON ASHTON Ashton Applewhite

This Chair Rocks: A Manifesto Against Ageism



From childhood on, we're barraged by text messages that it's sad to be old. That wrinkles are embarrassing, and older people useless. Lively, funny, and deeply researched, This Chair Rocks traces Applewhite's journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about past due life. Writer and activist Ashton Applewhite believed them too until she realized where this prejudice originates from and the harm it can. Age pride! It's time to create a world of age group equality by making discrimination on the basis of age as unacceptable as any additional kind. Whether you re older or hoping to make it happen, this book will shake you by the shoulders, cheer you up, cause you to mad, and change the way you see the rest you will ever have. The book clarifies the roots of ageism in history and in our own age denial and how it divides and debases, examines how ageist myths and stereotypes cripple just how our brains and bodies function, talks about ageism in the workplace and the bedroom, exposes the price of the all-American myth of independence, critiques the portrayal of olders as burdens to society, describes what an all-age-friendly world would look like, and concludes with a rousing call to action.



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Denial-shattering read Having been through consciousness-raising in the past due 60's around discrimination against women, I understand how it seems to have the blindfold ripped off and to see things clearly that were completely invisible prior to. That's what this awesome publication did for me around age discrimination. Keep in mind when you were in your early teens? In the times since I finished reading it, I've been observing my own attitudes and the things that happen around myself in a complete new way. I see ageism EVERYWHERE, rather than least between my very own ears. Many of my very own actions are motivated by the desire never to appear "outdated", and I need to work on that. In the event that you hope to get old someday, read this book. Entertaining as well. One point that particularly struck home was the actual fact that we are, always, aging and that in rejecting older people, younger people are in fact rejecting their long term selves. Is usually Ageism the "Last Acceptible Prejudice? But it's a breath of oxygen, and made me believe hard about the internalized shame that presently surrounds aging."), but jokes about "I've fallen and I cannot get up are endemic without a second look... I even, in a single case, collected the info from the entire Table of Education of New York City and discovered that statistically, teachers over 40 were much more likely to be charged with incompetence than those under - and with each ten-year upsurge in age, the probabilities went up. The reserve gives comfort to those folks dealing actively with departing middle age (whatever that is, specifically) behind and entering fresh surface...any job. Supreme Court, and my short got some see, but was not accepted for argument. Later on, the Supreme Court made it harder for aggrieved workers to sue. Made me re-examine my attitude and beliefs. People in my position must search for clues - like statistical proof - and statements and detrimental treatment that will enable a jury to infer ageism. This author's reserve gave me therefore many insights (and today citations) to inferences to be produced from statements and actions and I'm so happy I was surfing the net and found this great and important reserve about fundamental human rights. This Chair Rocks: A Manifesto Against Ageism Ashton Applewhite presents a compelling method to view aging-along with descriptions (sometimes surprising, at least if you ask me) of what ageism is. The Courtroom rejected the data because an arbitrator acquired approved the testimony of the main - a rule rejected by another portion of the nation. Applewhite deals realistically with the problems of aging while pointing out the countless ways in which we can continue to evolve and contribute-to ourselves and the globe. Age Discrimination Lawyer found this extremely insightful I found this author through a fresh York Times editorial and was resulted in her website and blog page, which I thus thoroughly enjoyed. Our society has generated an unrealistic box in which we place "the outdated" and everyone searches for ways to you shouldn't be in this artificial package (while, of program, continuing to remain alive). Applewhite dispels most of the frightening muths about aging (for instance, the idea of most people ending up as a burden just applies to a small %) and explores its many presents. My only complaint about this book originated from the Kindle edition I bought. Good Publication and in Good Circumstances. This is a unfortunate fault that mars the reading connection with an excellent work. Invigorating! An easy, sensible, welll-researched, thoughtprovoking and inspiring browse. She kept my interest completely. I can't wait for the next time a supermarket checker, however well meant, calls me "Young Lady," and I get the chance to simply tell him how proud I am of every wrinkle, and all that life has trained me." I've heard that said about casual anti-Semitism ("Jew him down"), casual homophobia ("that's so Gau! From enough time we are teens, wanting to work to create some extra cash to enough time we look for ourselves divorced after the age of 60, ageism is possible. That is an overarching book, digesting many magazine articles and other secondary sources, supplemented by her own experience and her own voice, and interviews with individuals who are aging well. All in all, she places the "natural transitions" of maturing in a nice progressive context. I quibble with a couple of things -- I think she

underestimates the fragility of aging bodies (75 or more) when confronted with extreme forms of medical care, and occasionally I disagree with her use of statistics to paint a rosier picture than I think is warranted. The next time I'll not swallow. BUY THIS Publication. Ashton Applewhite Rocks! A lot of you reading the term ageism will most likely have a reaction similar to mine. Among the many adverse -isms, racism, sexism, jingoism, authoritarianism--ageism was a hardly perceptible blip on my radar. Ashton Applewhite's recently published book, This Chair Rocks--A Manifesto against Ageism--beautifully describes why we should care and, nearly as significantly, why we ought to combat ageism. Whether the partner who stayed home to take care of the kids or the partner who worked well and discovers his/her nest egg put into messy items. She did not disappoint." What most of us should remember is certainly that the ageist of today is the elder of tomorrow. This BOOK rocks This should be considered a must read book for everyone from age 12 to 112. Preachy I'm really didn't look after this book. I came across her style preachy and redundant. How was I to get experience? really good really good Five Stars Love the book. Eye Opener Made me recognize that at age 71, I can be guilty of ageism. In several places it was missing pages that managed to get hard to follow the book's progress. This book should be widely read Ashton Applewhite's "This Seat Rocks: A Manifesto Against Ageism" is not only a pleasure to read (she writes wonderfully well and clearly) but she carefully and intelligently builds her argument that ageism is everywhere and is often buried thus deeply that we can't even see that people are all portion of the problem (including ourselves). She continues on to explain that until we seriously address this matter and transformation our thinking and language, other progress in the "olders" space will be constrained. She did not disappoint. Redefines the mindset of ageing I heard the author speak so I ordered the reserve. Ageism is an excellent exemplory case of the adage "We've fulfilled the enemy and he's us. Redefines the mindset of ageing. If more than enough people do, and then take action, there could just be a possibility that the world will be "older-friendly" by the time you get there... Local laws, like those in NEW YORK lessen the responsibility, but "out with the older in with the brand new" is presumptively recognized in the workplace, and the employer will find a way to get rid of an employee for reasons uknown or another. It is a demanding and important book and I hope you will all purchase it and read it.like myself, many find themselves without a partner just at that time we thought we'd get old gracefully together. She threads the needle, neither denying the realities of maturing, nor bemoaning them, nor giving in to "90-year-outdated marathon runner syndrome," -- those chipper news features about exceptions to the rule.? Ageism is like any various other -ism...it's descrimination predicated on age. It's highly readable and meticulously researched while at the same time getting trenchant and funny. I do. I was so puzzled by the older "you haven't any experience" comment when trying to get a job. I took the case to the U.S. I didn't end the book and can donate to library? Then there may be the robust 70 12 months old who still really wants to work for reasons uknown. If you are portion of the young set, you don't have enough encounter or lack the wisdom of age. This goes well into the 20's, as I recall. Then there's the old set.. In my own practice, I observe long-term employees with great evaluations over an extended period of time, suddenly deemed incompetent. Ageism impacts all ages in that age range. It really is both a well researched treatise on ageism and its consequences and engaging personal tale of a trip to comprehend why and how ageism is indeed prevalent in our culture. Ms. Applewhite makes the argument that intead of using name tags, we simply use older and more youthful. We are ALL older than some and young than oithers.



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