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IF I LIVE
TO BE 100

Lessons from the Centenarians



NEENAH ELLIS

PRODUCER OF NPR'S ONE HUNDRED YEARS OF STORIES

Neenah Ellis

If I Live to Be 100: Lessons from the Centenarians



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Neenah Ellis's New York Times bestselling *If I Live to Be 100* takes us inside the world of the very outdated and invites us to learn from them the art of living very well for an exceptionally long time period. Their stories add up to a program in living, with lessons and motivation for all of us.



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read with genuine curiosity This was a pretty good read which was predicated on conversations and true to life stories of Centenarians and formed the foundation for a National Community Radio series called "One Hundred Years of Stories. Great wisdoms Learning about aging gracefully. The less time I've left, the more interested I am in those who've gone forward. Live and learn Thoughtful read. The book's title does live up to its name and I would recommend this book to anyone who shares a curious nature with the Centenarian's and the individual condition. And when I purchase SmileAmazon, the best charity, East Atlanta Children Club, gets a 1% bonus. Insightful This book has format of each chapter being truly a different person's story and the author/journalist's understanding of her work at the finish, which will keep each individual's life tale virtually separate from the interviewer's input. This "read" also helped somewhat in my perspective about my own 94 year-old mom. The concept is good. Gave this to my daughter for Christmas and she loved it! I enjoy her story, her concerns, her emotions. Neenah's book and the series are most inspiring. The idea is good I am hoping to live to 100 I actually heard the series in NPR and found it fascinating. Three Stars Was hoping to find it more spiritual, apparently not really a common denominator. The only book I know about that specializes in centenarians. Five Stars Awesome book, wonderful images! It can help me in my quest to live completely to 100, given that I am 74 and living a dynamic, healthful, optimistic life-style. Planning for the years forward, of course, includes "the next phase", whatever it might be. A unique reading experience. I found this book in a motel space, read a few chapters and decided it had been interesting enough to download onto my Kindle. It had been a horizon-broadening encounter. I just finished re-reading the publication and am now promoting it to family and friends. It is amazing to learn and perfect for a gift. Awesome! Some of these essays are a lot better and more interesting than others. Will be borrowing it soon! ?? Great book. Makes an excellent gift too Great book. Makes an excellent gift too. Wise words. An angle on the topic of 'not everything you think it would be'." through the entire book, I got the sense the author was inconvenienced at having to take up a substantial quantity of her personal time... great wisdoms!!! Must read A must read, well written, quick read. Couldn't put it straight down. Now at 86 I am hoping to live to 100! Enjoy! There are so many quotable phrases!! I am happy it is not only a publication about the lives of her interview topics.



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