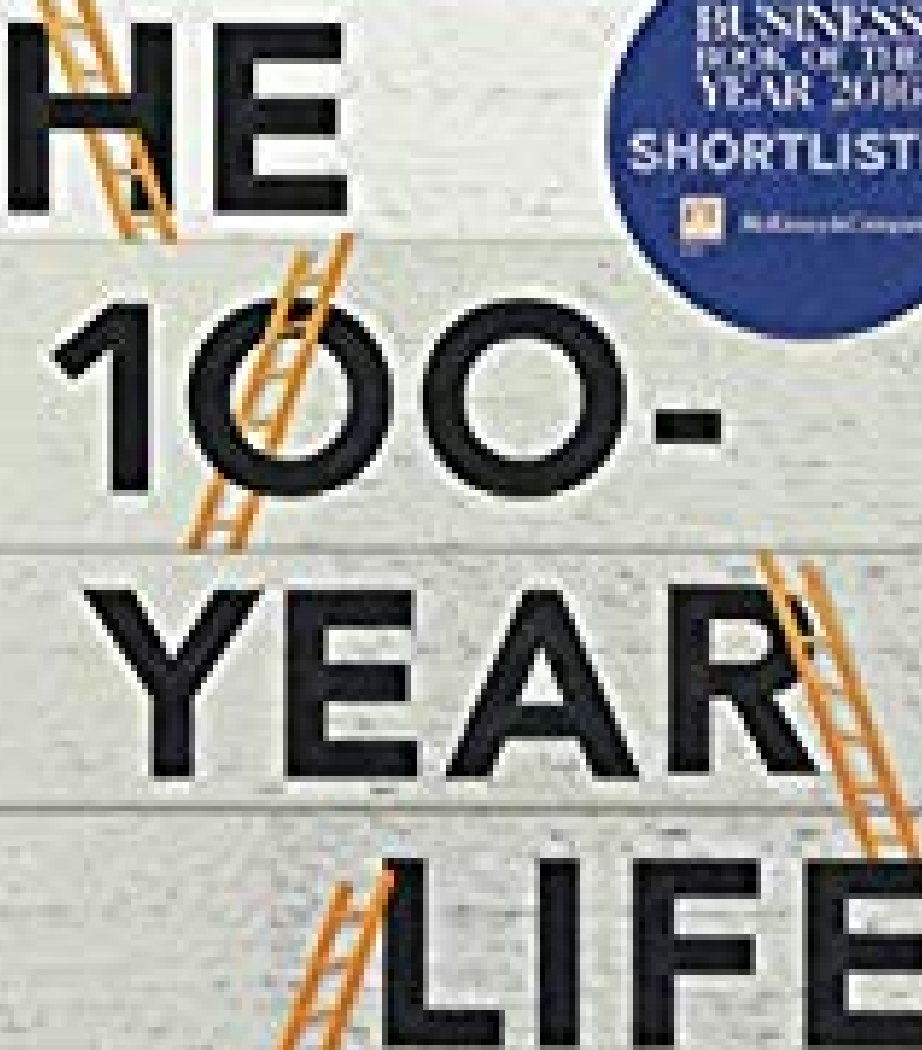


"Brilliant, timely, original, well written
and utterly terrifying."

NIALL FERGUSON

THE 100- YEAR LIFE



**BUSINESS
BOOK OF THE
YEAR 2016
SHORTLISTED**



McGraw-Hill Companies

**Living and Working
in an Age of Longevity**

LYNDA GRATTON & ANDREW SCOTT

BLOOMSBURY

Lynda Gratton and

The 100-Year Life: Living and Working in an Age of Longevity



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Shortlisted meant for the FT/McKinsey Business Book of the Year Award, *The 100-12 months Life* explores how living to 100 will have a profound influence on culture and the economy, and create a full restructuring of everyone's professional and personal lives. But this well-established pathway is already beginning to collapse--existence expectancy is rising, final-salary pensions are vanishing, and increasing numbers of people are juggling multiple careers. *The 100-Year Lifestyle* is a wake-up call that describes the options and options that you'll face in the age of longevity. Drawing on the unique pairing of their experience in psychology and economics, Lynda Gratton and Andrew Scott give an analysis to help you rethink retirement, your finances, your education, your job, and your human relationships to make a fulfilling 100-year existence. Whether you are 18, 45, or 60, you will need to do things very in a different way from earlier generations and learn to structure your daily life in new ways. Many of us have been raised on the traditional notion of a three-stage method of our functioning lives: education, accompanied by work and then retirement. Additionally it is fundamentally a proactive approach for individuals, politicians, companies, and governments and offers the clearest demonstration that a 100-year life can be a wonderful and inspiring one.



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Not a book for sensible / well-informed people I made it just over 20% through this reserve. Sometimes there are way too many choices, sometimes it is hard to take new risks. But what the authors *do* with it will not surprise anyone who is smart. This book may help you understand the millennial in your life who has however to embrace typical lifestyle responsibilities that prior generations have accepted. Gives many perspectives on what living to 100 could be like. I read the New York Occasions, the Washington Post and a lot of others daily. And incidentally, after a career as an attribute, travel article writer and handwriting analyst, I will have the luxury of writing books. We hike, travel, entertain and are involved in many volunteer institutions. They talk about the disappearance of factory labor, inhabitants inversion and pensions, the growth of service industry, etc.. However, the book offers some precious advice for youthful and old. A good browse if you want to live an extended life. So I halted reading it. I love the concept of the 5 tiered lifestyle and multiple careers. A good primer about the changes to come. This is an excellent book that talks about the implications of longevity and what that may mean for retirement and skills and life. I hope my review will help some folks.. New ideas are hard to find, which book has plenty. This is an exciting book packed with new ideas. A lot of it is speculative, but the authors are upfront about the many assumptions they make. It is not a scholarly work, nor is it properly "self-help," but it has given me a lot to consider, and to consult with my cohort and younger members of my family. Don't assume all chapter will become of interest to every reader, and if you have sat on a pension table or are an actuary several of the explanatory portions can be skipped, but also for most readers most of it will be thought-provoking certainly. The 100 Year Existence taps into the main demographic shift that is heading on as we are living longer, healthier lives, and how this outcomes in the need to rethink the entire life course - the type of work, education, and how we think about time and how we use it. Requires patients to dig out the valuable pieces. That is a weird book. It experienced like among those classes in college you get very excited but in reality actually is boring, yet sometimes there is certainly a spark of wisdom to get you out of the slumber and make you push reader further. One of the major problems with the book is that the authors make an effort to present an economic model full of assumptions. The model works well for the reserve but given the macro character of the topic, readers might feel defer. Also, simply because other have pointed out here, the authors are a bit too optimistic on the grade of life people more than 70 enjoy/will enjoy. They project out into the next 10 roughly years using, once again, the groupthink of your day. The concept of longevity as much longer youth much less longer later years is a real wake-you-up call for the chance of re-designing one's existence.... But I didn't. This is a business book therefore it touches on the profession and education elements of existence, but also contains a portion on the importance of relationships. Cabot A "must read" for nearly everyone! national and international information on my kindle. And relevant to many areas of their lives. The reserve gives a very practical take on what today's young people, who are likely to live into their 90s and 100s, have to think about because they navigate this longer life course and how it'll shift how people consider work, retirement, and romantic relationships. Nothing was really surprising or interesting right here. We are 88 years old and for several years long ago in my own younger days I half jokingly said I wanted to live to be 120 years old easily could remain audio of mind. Now according to your article perhaps with a little luck I just might be able to achieve my goal! The essential groupthink of today. I am a reader with about 4 or 5 5 kindles that I keep charged up at all times. I rarely watch Television, getting my news about politics. This book is a "must read" for nearly everyone - in case you are a parent, a grandparent, or anyone under 40, you should read this book! There are various things I will willingly give up however, not one on of my kindles. Compounding curiosity is usually fundamental to how I start to see the world, which section was a huge bore. only 1 complaint please a few fewer tales of DT. Other than that, keep up the nice work. Joan Draper. Excellent read, great analysis and facts. Excellent read, great research and information, easy to digest and process due to the real lifestyle scenarios... Essential read for all those who are concerned about tackling the weather creation and length of time needed to work before retirement.. Perhaps a bit long winded

and obvious in places, but still an interesting read. And Interesting and Informative Read Comprehensive overview of what folks should expect and arrange for as life expectancy increases to a century. Planing lengthy term-read the book! Must read for folks planing long life was ok ok Very thoughtful and Challenging Book It is a good companion to my new book "Work/Walk for Your Life" which is available on Amazon, seeing that are my previous two books on how best to live healthy until you are 100 A realization of the western world we reside in, upending viewpoint of work lifecycle Instead of considering retiring at 65, and living till 85, we have to think about living to 100, and retiring about 80. But rather than working non-stop from now until 80, these authors creatively describe the idea process of how exactly we should look at our operating lives from right here on out. They spent many webpages going down the fundamentals of compounding curiosity and retirement.e taken for granted at this same stage of existence. Just don't let the millennial read this publication, might provide them with some good excuses not to embrace life's responsibilities that prior generations experienced at their age. LOL #100yearMillennialLife A life with several chapters and transitions It really is a transformational reserve; a must read especially if you are over 45.Actually enjoyed the Assets model analysis and the finish of the education-work-retirement model pieces. And yet it is normally hard to determine what to do in the next 20-30 years that is fulfilling, impactful meaningful and productive. The premise is usually interesting -- the lead-in statistics quite gripping -- a middle-age person today has also odds of living to 95 -- we truly do not believe in this mindset. Insights out of this book and other related study around transitions and our multiple identities will be the foundations of the Transformation with Purpose Fellowship at IE University. Seems such as a really unique opportunity to "get back to school" to ready for a second youth! 100? If you're the type who will need this worked well out for you, you might enjoy this book. I do think many people will enjoy this book, but not people like me.. An Exciting Way to check out Longevity This book is encouraging for those folks who are 76. What they said would surprise no one who reads the news headlines.I always read testimonials with an eyesight of how a wise/educated person may just like a book, I was genuinely mislead by the reviews I read thinking that I would get something new/interesting from this publication.The authors then proceeded to speak about planning for a life for a hundred years. My third novel, "Making a Killing" will be released shortly. My novels are in regards to a handwriting analyst called Adelaide Stubbs who solved mysterious with her unique skill. Have a look at "Write is certainly Wrong" and "Literary Terrorist" by Claire S. The authors use the concept of capital investments and drawdown as a metaphor to discuss the need to spend time in human relationships and skills to have a balanced life.



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