

*Contemporary Materials*  
Conversations about Aging Better

**"Sensitively offered advice about how to age better."**

—**THOMAS D. COOK**, professor emeritus of sociology,  
psychology, education, and social policy, Northwestern University

# GETTING *Real* ABOUT GETTING OLDER

Linda K. Stroh, PhD • Karen K. Brees, PhD

Linda Stroh and

## Getting Real about Getting Older: Conversations about Aging Better



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The first book to open up a real conversation about aging. Filled with advice and stories from a multitude of the elderly, *Getting Real about GROWING OLDER* examines love, loss, and changing identities, and can help you manage your concerns about aging and encounter wisdom and joy while an older adult. It appears that life's milestones pass by super fast: graduating from college, landing your first work, getting married, having kids. Most people look forward to these events and have some expectations in what each existence milestone will be like. But how about when you grow older? How can you continue to live completely in your sixties, seventies, and beyond? Linda K. Brees asked nearly one thousand the elderly about the issues and joys of getting older and compiled their collective wisdom into this must-have book, focusing on important topics such as: Changing self-identities Friendships and romantic relationships Wellness, fitness, and self-image Reduction Relationships with adult children, grandchildren, and siblings Plus much more! Stroh and Karen K. What gets the experience of getting older felt like for you?



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Everything you want to know about aging in one entertaining and informative publication! Many thanks for making it this enjoyable, but seriously interested in getting older book! Getting Real About GROWING OLDER is sensible, factual, logical and amusing. The way it had been written, asking both men and women their thoughts about getting older, was outstanding. Enjoy. For those who "fear" growing older, the publication highlights what things to look forward to as you age. For those with ageing parents and family and friends, the book will help you understand and appreciate how those individuals are coping and thriving, questioning and answering, doing and being. I definitely LOVED this reserve on getting older! I recommend Getting Real about Getting Older. It's a very enjoyable read! I read Linda Stroh's other reserve called Trust Guidelines and in fact, I return back periodically to reread some chapters to brush through to some of the concepts she wrote about. As an adult transitioning from the 60's to the 70's I found this reserve to be fascinating. It is extremely well written and filled with insightful observations about the challenges and opportunities of "getting older. And there is humor in so many of the comments. We thought it had been particularly charming how they identified the individuals comments with such titles as: Seventy eight yr. old swinging-wings gal or Seventy-five year old could be a polka dotted clown. The authors have a unique and very entertaining way of presenting the subject matter utilizing the thoughts and ideas of over 1000 Senior Citizens.. But Karen Brees and Linda Stroh managed to get real and made it fun! Getting older isn't therefore bad after all! older. A must browse! She is a great writer and when I then found out about the new reserve I preordered it as I knew it could be a great read.... Not only are there stories from 1,000 seniors but also truth checks on things you can do or ideas in each situation. A great Christmas/hostess present for the holidays! A great browse with great insights and advice on how we approach the challenges of aging. I'll be using this as a Xmas gift for my close friends this year. Source Books sent me personally a free copy in trade for an HONEST review. Brees and Stroh have compiled an easy paced, easy to read, look at aging. 'Getting Real' definitely lives up to its name ... it gets real. We certainly can chuckle as we pluck the hair off our chin because, apparently, it really is normal! I specifically liked the grandparenting advice (web page 180). The bibliography and index are tremendously useful because after reading the book, it's handy to research questions by topic also to locate additional assets. This is a must go through not only for seniors but also for our children who wonder what the heck is going on around! Or to plan their own advancing age. Read it. We realize we are not alone in growing older." The conversations with and quotes from men and women who are well along in growing older provide much for the reader to take into account also to apply in her/his personal life. Loved the book!. We are able to have peace in the process of aging. There are numerous books on parenting, but few books of the quality of this publication that discuss the ageing phenomenon. Learn a fresh attitude about aging. I came across so lots of the tales to be types I possibly could relate to. All of the tales were all presented with such wit and compassion that it made you need to laugh and cry at the same time!! When you are youthful, you never consider getting old, when you are older, you still don't consider all of the ways your life can change.. Yes, we're getting older, but appearance at all we have to look forward too! it exceeded my targets! Getting Real about Getting Older is a must read! It is essential read for everybody over 60! A must read I actually was fortunate to have already been given "Getting Real About Getting Older" on my 79th birthday. This is an exceptional gift for it isn't just amusing but insightful and thought provoking. The reserve shows that most of us share similar experiences and that we should live life for today for we know not what tomorrow brings. The authors followed up with insightful questions and suggestions that really made me think about possible solutions to a few of the problems we all face getting. This book ought to be mandatory reading for every Senior and for those people who are fortunate enough to be entering our elite peer group. Benefit from the read!! It really is a reserve that one will return to many times. I came across the stories relatable atlanta divorce attorneys chapter and subsequent remarks relevant. Share it. Right now we recognize that we what feel and experience is regular. SourceBooks sent me this book to read and review, I browse it twice. The

authors interviewed 1,000 seniors and compiled a street map for what things to expect as we age group and how to accept the changes. Getting old can be a good experience This well written book expressed a lot of my feelings about growing older. At 76, I find that this is among the most fulfilling occasions of my life.



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