

HOW TO LIVE
FOREVER

THE ENDURING
POWER OF
CONNECTING THE
GENERATIONS



MARC FREEDMAN

author of **THE BIG SHIFT**

Marc Freedman

How to Live Forever: The Enduring Power of Connecting the Generations



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However the answers also come from tales of Freedman's personal mentors-a sawmill worker turned surrogate grandparent, a university administrator who offered as Einstein's driver, a cabinet secretary who won the Presidential Medal of Independence, and the fitness center teacher who was simply Freedman's dad.org founder and CEO Marc Freedman tells the tale of his thirty-year quest to reply some of modern life's most urgent questions: With so many living so much longer, what is the meaning of the increasing years beyond 50? In a poignant reserve that defies categorization, Freedman finds insights by discovering purpose and generativity, digging into the travel for longevity and the perils of age segregation, and talking to social innovators across the globe bringing the generations together for mutual benefit. How do we find joy when we know lifestyle is long and time is short? How can a society with an increase of older people than younger ones thrive? He discovers wisdom in stories from young and old, featuring normal people and icons like jazz great Clark Terry and basketball legend Kareem Abdul-Jabbar. The secret to happiness, longevity, and living on is through mentoring another generation. In *How exactly to Live Forever, Encore*. *How exactly to Live Forever* is a deeply personal contact to find fulfillment and happiness inside our longer lives by connecting with the next generation and forging a legacy of love that lives beyond us.



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Living Guide to Purpose and Meaning I simply got my copy of Marc Freedman's book about "How to Live Forever". It is a moving, engaging and inspiring read and helped me spark some essential conversations with my relatives and buddies. As I browse the book, it appeared to me that Marc was capturing my existence's story. He appeared to be speaking to myself... Bravo to Marc for capturing and providing an antidote to loneliness the dis-ease of the 21st century. Dr. Talk about this reserve with them and get their perspective! The only true way to live forever would be to live together Thanks Marc for another inspirational book. It's a must-read this holidays, and an excellent gift for somebody of any age .." Early in the reserve, Marc says he provides three young children and zero grandparents close by. Jam-packed with anecdotes and data about older people and their potential, the reserve actually focuses more on those golden years, citing types of communities worldwide that are working to maximize the human being capital of all of its inhabitants. Recommend. You expect to live some more decades, right? Yet AARP remained steadfastly neutral, simply reporting what each aspect said. Just keep following your desire. Important insights about age segregation I hadn't realized how recent, pervasive and harmful age segregation is for our society., to handle the human source shortages in the first childhood field, to serve as mentors in youth applications). Marc Freedman describes great illustrations from around the united states that can -- and I hope will -- end up being replicated. I adored the hopeful message, and all the stories that clarified how mutual the benefits are when generations connect. Love ". I live each day with purpose by filling it with meaning by helping the female and minority kids through building universities in remote villages of India. "How to Live Forever" is a must read for people going right through mid-life crises and others who are groping for meaning as they age group.the real elixir of youth is the fountain with youth." Not really interested in working directly with children as you grow older? This book is crucial read for people who have a distorted view on aging. For lost boomers While this book no doubt will be good for some, I just couldn't enter it. I think that if more people shared similar views of the author Marc, after that different generations can begin working more closely together.You can find good parts, like the section "Finding your way through a fresh Life Stage", although unfortunately, it was just a few pages. I didn't really believe that the author is in to the fantastic promises of eternal existence outlined in the beginning chapters, but if not really, why get into it? one obviously would benefit recipients a lot more than the additional. There were other examples of such utopian visions, or delirium, throughout that seemed irrelevant if not counter to the author's thesis. Equally aggravating was the presumption of high levels of social engineering to understand any dream--from better universities to better technology. Overall the publication had a post-modernist vibe that rang untrue to me. This changes the narrative about aging and getting older How exactly to Life Forever may be the newest of Marc Freedman's books that helps to transformation the narrative about aging in the us, from aging is equal to decline and deterioration to instead an opportunity to tap into the knowledge and strengths of most of us once we age to benefit our communities and culture overall. Finally, if you have a motive in your life beyond your day job you will not need this book. After reading "How to Live Forever: The Enduring Power of Connecting the Generations," I am right now inspired to actually enter the classroom. Incredibly timely and deeply enjoyable As we look towards the dramatic demographic changes which are already in movement within this country-- it is clear that people need new suggestions, old-period wisdom, humor, empathy and connection across historic generational divides if we are to move forward in a positive way as a country. This book offers all that-- it is packed with ideas for how exactly to embed these essential connections into our lives and provides moving examples of the countless cross generational connections that currently

exist all around us. I go through fifty percent of it at one seated and could not put it down. Who will be the important old and/or youthful people in your life? Ashok Kumar Malhotra President, Ninash Foundation, Promoting Literacy Among Feminine and Minority Kids of India Author of :Grandpa Chopra's Wisdom Stories Wisdom of Tao Te Ching Introduction to Yoga exercises Philosophy Transcreation of Bhagavad Gita and others Restoring a sense of expect our future This book had me both laughing aloud and welling up with tears. Prescription for Aging Well: Become A Free of charge Mentor to Younger People & USE Children This book subtly reinforces probably the most common stereotypes of aging. For instance, "older people are more concerned with departing a legacy than making money;" "older people wish to nurture others and keep a legacy.. "Our silver-haired back-up is located two doors down. Our quirky, engaging eighty-something neighbors ...have become quasi-grandparents for our kids... " Silver-haired? Quirky? Freedman notes institutional elements that help the elderly: social Security, Medicare and ... AARP?! The simple truth is, many people avoid AARP because of their overly aggressive marketing (I stopped them by sending a public Facebook message) and because it's not yet determined how they actually help older Americans. In the last election, the two main party applicants differed significantly in their positions on Medicare and Social Security; I discover the utopian fantasies of Silicon Valley moguls odd at best and have little related to reality. I then took several programs in teacher education at an area community college, and I experienced myself as an alternative teacher, but I hardly ever began teaching because I didn't believe that I wanted the duty for a classroom. AARP backed the medication "donut hole." AARP is, above all, an insurance company, which many people believe is sub-par in both value and customer service. For those who want to improve their thoughts on getting older. Another great book simply by Mark Freedman Mark is still America's leading thought leader on intergenerational loving, giving and collaboration capped by a special tribute to his dad. Its a examine for a wide range of ages. I came across myself flipping ahead to see when the author would get to the point. I don't question that such writers suggest well but I bet handful of their dreams will have the intended effect they imagine. The concentrate of this book is certainly reflected in the subtitle: "The enduring power of linking the generations." This is component personal memoir and part a collection of stories of older adults who are spending their time and energy helping more youthful people get a boost, layered against the annals of aging in the us, with interesting details about the way the US became an age-segregated community (Sun Town, anyone?) Collectively, it becomes a guiding light for intergenerational programs on what they can and really should think about older adults within their workforces (e.g. Scanning this book helped me understand why, and see that it is possible to revive the more natural condition of generations living jointly. The big takeaway is usually expressed in this quote: "The only resource big enough to greatly help solve the issues facing the next generation is the old one." We look forward to your reserve tour including Eric Liu coming to Seattle this coming Mon December 10. Enriching Lives and Maximizing Individual Capital Freedman explores the chance of enriching the lives of our older generations by permitting them to utilize their wisdom/living knowledge/resources to usher in younger era.although I'll probably supply the extra copies I purchased to people over 50. Freedman is asking a fantastic query: You're retired at around, say, 65. Inspired me to do this When I go through Marc Freedman's "The Big Shift" a few years ago while I was still working full-time, I was inspired to seek an encore profession. Would one really be prepared to just linger that whole time, waiting for the frosty embrace of death? Many at least perform some degree of what the writer is suggesting (I know my mother spends a great deal of time watching grandchildren and teaching them), but still there are several that yearn to keep a legacy even more lengthy than

what they will have going for them. A book apparently forged from years of hard-discovered lessons, pearls of imparted wisdom, and bittersweet reminders, Freedman here is communicating that we up the ante on a campaign that may real near-incalculable benefits. JFK was for this and everybody loves him, right?



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