

"Carstensen's insights challenge a raft of anachronistic assumptions about what longer lives will mean for individuals, and for society."

—MARC FREEDMAN, Founder/CEO, Civic Ventures

A LONG BRIGHT FUTURE

Happiness, Health, and
Financial Security in an Age
of Increased Longevity



LAURA L. CARSTENSEN, Ph.D.

Founding Director of the Stanford Center on Longevity

Laura Carstensen

A Long Bright Future



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The twentieth century bequeathed us a fabulous gift: thirty more years of lifestyle on average. Supersized lifestyle spans are going to radically alter society, and present an unprecedented possibility to change our approach not only to old age but to all or any of life's phases. The ramifications are just starting to dawn on us... every step of just how. She debunks the myths and misconceptions about ageing that stop us from adequately finding your way through the near future both as individuals and as a society: that growing older is connected with loneliness and unhappiness, and that just the genetically blessed live well and lengthy. She then focuses on other important components of an extended life, including finances, health, social relationships, Medicare and Social Protection, complicated our preconceived notions of “ yet in the meantime, we keep considering, and planning, life since it used to become lived. In AN EXTENDED Bright Future, longevity and aging professional Laura Carstensen guides us into the new possibilities provided by an extended life.old age”.



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And, I am therefore thankful that I came across this book just in time to share it with my students! Instead the author describes a life plan where one decreases the formal education procedure, takes time to learn about life, spends time helping others. AN EXTENDED Bright Future So much incredible info within the pages. The prior reviews here for "A Long Bright Future"--while mostly 4- and 5-star--seemed somehow less than passionate, as was the audience to whom Carstensen presented in a 2012 TED YouTube video immediately after "AN EXTENDED Bright Future" was published. It's hard to end up being passionate about something none of us really understands nor appreciates however ... that we are the 1st demographic cohort to essentially experience not just the government's plan for how Social Security, Medicare and 401(k)s will continue to work collectively to maintain our after-function passage but also to learn how to make the most of additional years of longevity that we are all inheriting. It's kind of a "be careful what you want" circumstance we find ourselves in. We are constantly guilty for not really saving enough for retirement, but no one ever planned for us to live this lengthy or to have access to medical improvements that are adding quality years if not really decades to our lives. As a 65-year outdated who still enjoys functioning, I read a lot of the daily barrage of articles and books about planning emotionally and financially for pension and have posted many of my testimonials on Amazon for books like "Falling Short" and "Unretirement." "A Long Bright Future" provides a broader perspective to the dialogue by reassuring us that we're not stupid for not preparing. We simply need to appreciate what's taking place in a broader, more opportunistic way. Several of the Amazon testimonials here also improve the questions, "who is this book for? Interesting read." Carstensen highlights that it's problematic for each of us to really envision a future that's not deeply influenced by what we know and do today. This reminded me of conversations I utilized to possess with a colleague who also enjoyed science fiction movies that portray the near future. He observed that a lot of future visions were broken-down architectures from where we reside in today, often bleak and dark, but with some cool new technology in the center of the scenes. Think "Blade Runner." One reviewer was disappointed that Carstensen didn't explain what the near future was actually going to be like. Therefore, it appears to me that this book will benefit people of all age groups, but probably mostly 40- to 70-somethings will take the time to learn it. But in doing this, we are able to all benefit in recognizing that we can be successful and offer worth to others for much longer than today's political debates and monetary industry alarmists portray. Because mainly because difficult as it is to make great decisions, several debates and alarmists are correct that something must be done if we have been to live into our 90's and beyond. Laura Carstensen helps to us to think and strategy at a deeper level to consider better advantage of the extra time we need to gain greater fulfillment in what we are able to perform for others and for ourselves. Loved this book so much I bought another one merely to share! This is the first-time I have already been compelled to submit overview of a book on Amazon. Five Stars Such great information! Carstensen's publication and I am so excited to share it with others. Fortunately, I am able to achieve this as I am teaching a class entitled "Growing with Intention: Having the Existence you Desire after Age 40" through my regional college's continuing education system starting in February 2011.. Carstensen's book challenges baby boomers to change the way aging is viewed in our culture. M. Respect our longer futures simply by planning to make best use of our new possibilities I read this book after seeing Laura Carstensen quoted in Time Magazine's excellent multi-faceted March 2, 2015 cover tale on aging. Cultural Change? A well written book on getting older, full of studies, theories, suggestions to place to good use. However, as an aged person myself I found some of the recommendations impractical for those of us who have already

reached our "older " years. The book was good, but had some occasions when I think she failed to carry a thought out to a possible conclusion or cause. Once the wife is fully gone, their emotional connection is gone plus they soon die. Along with about 30 other "aged people" who were about to experience the same miracle of modern medical technology on an assembly line to repair their eyes for life in a 10-minute procedure. A must-read for everybody! many people now study very difficult from first grade thru graduate school or work extended hours to learn a trade and then take a ruthless job to help pay for the new house and the youngsters college and are supposed to retire and take it easy but probably they never get there. I simply finished reading Dr. upgrade in July 2018 - I've often considered Dr.. Dr. We want more of this once we find ourselves here longer. Actually for the shorter journeys, that is a thought-provoking book. Five Stars Not really what I was expecting, but very informative and enjoyable browse. We want more of this as we find ourselves here . E. When it came period for my to accomplish my thesis in my own LL. I am so motivated by her message. program. I considered some of her suggestions to complete it. Dr. Carstensen offers many good insights about how we have to appearance at aging in different ways and if we are to check out aging differently, perhaps we should approach the sooner life just a little differently too. Life may be better and maturity developed more appropriately with an outlook that's less of a mad rush and even more intentional and paced. Somewhat disappointing The underlying message about the aging of our human population and some of the consequences was straightforward (but not necessarily "new news"), however the latter chapters I found somewhat repetitive and disappointing (perhaps I was looking for that "bright" future) Three Stars ok It was a good book in places, but she didn't mention (at certain factors) what I felt were extremely important considerations. The author suggests a complete cultural change, which if you ask me isn't too practical, more a wish when compared to a hope. The next is one of these: I just discovered it interesting that she under no circumstances resolved what struck me as an obvious question. That begs a clear question that Laura then NEVER addresses. However, there are several good points in it for all generations to consider. She stated that men (many times) die immediately after their wives, because their wives are often the only emotional wall plug or connection they have with other friends. Why perform folks (so often) raise their sons Never to cry rather than to be comfy showing their emotions or having a deep emotional connection to their male friends (men in general are not encouraged to do this). HOWEVER, we Perform encourage daughters to have MANY of those more intimate emotional bonds with their female friends that provide an emotional outlet to allow them to share their pain and joy with. Why THEN are we SO SURPRISED once the ONLY emotional store a guy is SOCIALLY allowed to have (his WIFE), precipitates his own death!" and "who can best benefit from its message? Different. Rather it presents a model for living in which one spreads out even more of life's actions and responsibilities over more of one's lifespan. This is simply not a reserve that gets down to the nitty gritty details of what one should eat and how much one should exercise to avoid pegging out prematurely. I purchased this from another vendor (therefore i won't show simply because a verified purchaser) because I actually had a gift card but wished to review it here because normally this is where I would have bought it and I believe it's an advisable purchase. Carstensen's concepts presented in this publication.g. Laura writes beautifully and provides us all much food for thought. Ironically, I was reading this while waiting as my partner was obtaining cataract and lens replacement surgery that will enable her to observe better than she's ever seen in her entire existence. The other enters a stage where one does ones primary career work however, not in the condensed, high pressure fashion many do now.



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