



# ROCK STARS OF AGING™

50 WAYS TO LIVE TO 100  
LIFESTYLE SECRETS OF  
CENTENARIANS

What We've Learned From  
Hanging Out With the World's  
Most Active Elders and How It Can  
Turn You Into a Rock Star of Aging

**MARC MIDDLETON**  
Founder and CEO of Growing Bolder



Marc Middleton

## Rock Stars of Aging



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At the Bolder Media Group, we tell stories of ordinary people living extraordinary lives. Our mission is to smash the stereotypes old and the limitations of likelihood. These Rock Celebrities of Aging are as diverse as any group could be but once we talked and as we listened, we discovered.s possible is to share the tales of centenarians -- anyone who is a century or older. What makes centenarians so exclusive, so fascinating therefore worth studying is the fact they are not basically 80-year-olds who've endured 20 even more years of physical and mental decline.t suffer the chronic ailments associated with age group until shortly before dying. Most centenarians don't. Somehow they will have managed to keep an excellent of life that makes life worth living until the extremely end. But how possess they carried out it and why don't more of us know about it? We've interviewed hundreds of men and women who are or had been too busy enjoying life to pay attention to society telling them that they' This publication is situated upon our considerable, first-hand knowledge interviewing and observing energetic centenarians, non-agenarians and octogenarians for our nationwide TV and radio displays. This book is not based upon surveys, scientific research or the views of scholars. Many common denominators were revealed. We have found that perhaps one of the most powerful methods to illustrate what're said to be dying. This book is about those common threads. Threads that when woven jointly helped create not only a long life but, a lot more importantly, a life filled up with passion and pleasure. A life without dread and regret.



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Great examples to follow I suggest this publication to anyone of any age group focused on creating a great existence since there are great ideas in every page! After reading Rock Stars of Aging, browse the web page. Life Information for All Ages Middleton's clear crisp style of composing makes for a straightforward read; Years afterwards, after shifting from the region, I was happy to discover him through the amazing company, Growing Bolder Media of which he is the founder and CEO. This book can simply be read within an afternoon curled up on the couch but also as a ready reference for encouragement and guidance whenever needed. to my four sons who turn to me for assistance; I get myself excited to share this use others: my 90 yr. old aunt who could use a hopeful message; I appreciated the stories of these admirable people but the cited references and well-known quotes selected to support their stories added a new level of credibility to Middleton's insights. That is pick to changing your daily life." The book, as Marc highlights in his introduction, isn't based on surveys, scientific study, or the opinions of scholars. actually anyone who I really care about. To me, this book is helpful information for living a good, productive, happy life for any age. Who cannot reap the benefits of that good news? Excited about aging At age 58, I am worked up about my future and the book confirms my emotions. Some great videos there. Not happy..I'd be disingenuous however if I failed to explain that you may not have the ability to utilize all 50 tips. And because of Marc, we have the chance to do simply that. It really is advertised as having the actual interviews showing on the web pages, but instead, just "quotes". This is a book that EVERYONE should read! First a disclaimer. I have been a big enthusiast of the author for several years. I utilized to often watch Marc Middleton when he was a sports anchor on the NBC affiliate in Orlando - WESH. his personal nsights from talking with Centenarians makes for a remarkable and engaging read. Growing Bolder includes a fascinating website which includes become a meeting place for many fans of the idea of growing bolder rather than simply just getting older. Not only will there be found limitless fascinating stories of many of the most interesting people on the planet, but the website is an incredible medium for the exchange of interesting and thrilling ideas compiled by interesting and thrilling people. You'll want to hug every single one of the interesting and uivacious people you match in it's web pages. The latter can be broadcast nationally in over 200 markets. Should you have not seen it, you owe it to yourself to both check out the site at [.. We get the privilege of going to school on them.], and your local development for the time/channel of the Growing Bolder Television show. Marc is normally also a regular blogger on Huffington Post, and I have yet to browse one of his blogs that I did not really find relevant and amazing. But let me digress. I had the pleasure to be interviewed by Marc for the show and since then I've totally enjoyed reading and watching videos that they have carried out on other common people doing extraordinary things. A sufficient amount of with the disclaimers. I buy lots of books on Amazon. For example, as an avid cyclist I have probably purchased a very high percentage of the books that are available on the subject. You, nevertheless, may or may possibly not be interested in a cycling reserve. This book is less about how to reach one-hundred, and more about being energetic, having fun, and contributing right up until the grim reaper will his work. I certainly perform. Not only do we get an incredible insight into some amazing centenarians, but to me the most fascinating area of the book was chapter 6 that is entitled, "The 50 Ways to Live to 100." These 50 "ways" are a compendium of lengthy observation and conversations with many, very active, vigorous centenarians.. As an engineer by schooling, I am addicted to things mathematical therefore I am compelled to point out that regarding to my deep calculations, the price of admission to understand these 50 "techniques" in the event that you will, is definitely a discount dime per suggestion. a lifestyle lived without fear or regret.. Obtain it and become the Rock Star within your own life! They may or may not have dropped their spouse, but during the years of relationship, they were quite happy, and continue to live contentedly with the memories of wonderful unions. Therefore, if you have just undergone a bitter divorce ahead of scanning this book, please know that you still are spending only 10 cents each for the 49 applicable tips! Of course you will hopefully continue to get your soulmate and hence adhere to all 50 concepts! In all seriousness, in case you have a

body and a brain, which probably applies to almost everyone scanning this, and if you are looking at living for as long a vigorous, healthy, productive, exciting life as possible, this book is a user manual for that goal. My understanding is that this book is merely the first in what will become a series of amazing books published by Developing Bolder Media, and I cannot wait to start to see the next!

**ESSENTIAL READING:**

**LEARNING HOW TO LIVE A LIFE WITHOUT FEAR OR REGRET**

Full disclosure: I am an enormous fan of Marc Middleton and his group at Developing Bolder, and also have been a devoted listener and viewer of the Developing Bolder Radio and TV shows (in addition to a guest) for quite a while. They educate us not how exactly to survive but how exactly to live. . Marc offers interviewed scores of men and women over 50 who are reinventing their professions, starting businesses, running marathons, becoming performers, writing books . I was so used to the positive message right here, that I browse the reserve from cover to cover in one sitting. how much sleep they get; all because they are filled with an incredible zest and determination, actually in the face of some pretty major challenges. What I've seen and noticed through the Developing Bolder programs, and on the website, has influenced me to continue to go method beyond my safe place as I get older, and embrace my age with joy, grace, and humor."

"Rock Stars of Aging" needs this same enthusiastic strategy and presents the reader with lessons from a few of our "most dynamic elders. to friends who are section of my support system; I could not put it down, I did not WANT to put it down. A great book for anyone over 50! Marc Middleton, for a few odd reason, wants to become a Centenarian some day. We have the pleasure of conference women and men who are graduating from university, playing the ukulele, and placing world records as the oldest barefoot water skier. From each one of these fantastic people, many lessons can be discovered . . . and Marc shares all of them around, the readers. As varied as this group of elders is normally, there are numerous commonalities that bind them together: what they eat or don't eat; . how they approach each day; their philosophies on relationship and friendships; their enthusiasm for work; . Although, as Marc described, there is no scientific evidence, it seems clear from the countless beautifully written anecdotes that each of them share many common traits, especially . Many thanks, Marc, and the ones who worked by your side, to produce this meaningful work. . All of those other book is then virtually free!

I highly recommend this lovely publication, filled with charming rates and anecdotes. I love both their radio and Television programs. and so forth.

Barbara Hannah Grufferman author, "The Best of Everything After 50: The Experts' Instruction to create, Sex, Health, Cash and More" Amazing, Inspiring, and Informative If you had a guide that would assist you to live not only longer but live longer remaining vital, wouldn't you obtain it? and for sure, you will want to sit at their foot and learn. It is misleading. . Well right here it really is! Marc Middleton and the Developing Bolder team are on a mission to change the way people attack lifestyle. They challenge the perceptions of what this means to grow older. Middleton is correct, happy positive people cause you to want to spend time with them. For the reason that time, I've seen Marc talk with passion and sheer pleasure about the amazing points that common people (who just are actually aging) are carrying out all across America, every day. Push your inhibitions, and "I can't" aside and change 'can't' to 'CAN' and 'why' to 'WHY NOT'. It is not about surviving to become 100 it really is about living to become 100! Producing each breath worthwhile and leaving this world better for having been right here. Get this book and learn from the lessons of individuals who are carrying it out! to my sister who I wish to share a lot more years with; For example, one of the common traits of these people was that they stayed married. Marc Middleton, A GENUINE Renaissance Man Marc Middleton wants to turn into a Centenarian and a painter, among other things. Being a painter myself, this entrance of his made me smile, wide. This publication is less about how to attain a ripe later years, plus much more about getting active, having a great time, and staying positive. Most of these qualities are reinforced by the Developing Bolder TV and Radio Shows.

We was very pleased to discover that Marc wrote this book, for the reason that the subject matter is one that I come across quite fascinating. I REALLY LIKE the funny, light, and positive quotations at the beginning of every chapter! So most of

them made me dog-ear the page so that I could go back and share them with others or just enjoy them once again for myself. This reserve is easy to browse and you may come away feeling great about getting older, I guarantee. . . This book and their message are changing the world. This book makes you feel that much too. If you are searching for a shot of "feel good" in the arm, browse this book. Fun, easily digestible guide on how to enjoy a protracted life. but rather is founded on the considerable first-hand experience Marc and his team have had interviewing women and men in their 80s, 90s and beyond. I hope he succeeds (although I will most likely not become around to congratulate him). This book however, should be of interest to anyone interested in the subject of leading a long, healthy, active and fruitful life - a thing that I am sure most of us shoot for. (That sickle-wielding fellow is becoming quite frustrated lately, also grimmer, what with so many people living much longer.) Medical advances, the wide usage of government sanitation, a wholesome lifestyle, and positive considering are contributing to a much better life for folks sixty-five and up. That is obvious from all the fascinating folks Marc and his co-workers have interviewed for this book. A great book for anybody over 50 Marc Middleton is a pioneer in spreading the message you don't have to get older, it is possible to grow bolder. I really loved the book!



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