

## **The 100 Year Life: Living And Working In An Age Of Longevity**

**DON'T LET PROBLEM PEOPLE GET TO YOU!** Whether it's a manager who keeps moving the goal posts, an uncooperative colleague, negative friend, or critical family member, some people are just plain hard to get along with. Often, your immediate response is to shrink or sulk, become defensive or attack. But there are smarter moves to make when dealing with difficult people. This book explains how to cope with a range of situations with difficult people and to focus on what you can change. This book will help you to: Understand what makes difficult people tick and how best to handle them Learn ways to confidently stand up to others and resist the urge to attack back Develop strategies to calmly navigate emotionally-charged situations Deal with all kinds of difficult people - hostile, manipulative and the impossible Know when to choose your battles, and when to walk away Why let someone else's bad attitude ruin your day? **How to Deal With Difficult People** arms you with all the tools and tactics you need to handle all kinds of people - to make your life less stressful and a great deal easier.

**THE INSTANT NEW YORK TIMES BESTSELLER** From age 5 to 12, parenting decisions get more complicated and have lasting consequences. What's the right kind of school? Should they play a sport? When's the right time for a phone? Making these decisions is less about finding the specific answer and more about taking the right approach. Along with these bigger questions, Oster investigates how to navigate the complexity of day-to-day family logistics. **The Family Firm** is a smart and winning guide to how to think more clearly - and with less ambient stress - about the key decisions of these early years.

**Harness Your Knowledge and Apply Your Experience to Reinvent the Second Half of Your Career** - featuring a foreword by Brian Chesky, cofounder and CEO of Airbnb In our increasingly accelerated world that venerates the new, bright and shiny, many of us in mid-career sense that the ground is shifting beneath our feet, leaving us feeling invisible, undervalued and threatened by the 'digital natives' nipping at our heels. Chip Conley is not buying it, arguing that experience is on the brink of a comeback. At age 52, after selling the boutique hotel company he founded and ran for 24 years, Conley joined Airbnb as Head of Global Hospitality and Strategy. Though rich with experience, the industry veteran lacked the digital fluency of his 20-something colleagues. He quickly discovered that he'd been hired as a teacher and mentor, but was also in many ways a student and intern. What emerged is the secret to thriving as a mid-life worker in today's world: learning to marry wisdom and experience with curiosity, a beginner's mind, and a willingness to evolve. Igniting a bold, urgent conversation about age and ageism in the workplace, Conley liberates the term "elder" from the stigma of "elderly," and reveals the value of wisdom that can only be accrued through years on the planet. **Wisdom at Work** will teach you how to be indispensable in the second half of your working life. Chip Conley is a New York Times bestselling author, hospitality entrepreneur, and leader at the forefront of the sharing economy. At age 26, he founded Joie de Vivre Hospitality and turned it into the second largest boutique hotel brand in the U.S. Chip is now the Strategic Advisor for Hospitality and Leadership at Airbnb. He is the recipient of hospitality's highest honor, the Pioneer Award.

**The Ancient Secret to Longevity, Vitality, and Life Transformation**

**Hot Spots**

**Rip Van Winkle and The Legend of Sleepy Hollow**

**The Age of Ageing Better?**

The Making of a Modern Elder

The Shift

Dr. Plasker's Breakthrough Solution for Living Your Best Life - Every Day of Your Life!

Understanding the Global Economy

*'Simply wonderful.'* - BEN FOGLE *'Kate's book has the warmth and calming effect of a log fire and a glass of wine. Unknit your brow and let go. It's a treat.'* - GARETH MALONE *'Kate Humble pours her enviable knowledge into attainable goals. It's a winning combination and the prize - a life in balance with nature - is definitely worth claiming.'* - LUCY SIEGLE *'As ever, where Kate leads, I follow. She has made me reassess and reset.'* - DAN SNOW *'Kate Humble's new book is a lesson in moving on from a tragedy and finding our place in the world'* - WOMAN & HOME *'A Year of Living Simply is timely, given that the pandemic has forced most of us, in some way to simplify our lives, whether we planned to or not. Kate wrote it before any of us were aware of the upcoming crisis, but it captures the current moment perfectly... It's not necessarily a "how to" book, more of a "why not try?" approach.'* - FRANCESCA BABB, MAIL ON SUNDAY YOU *'What I particularly love is her philosophy for happiness, which is the subject of her new book, A Year of Living Simply. The clue is in the title. Remember the basics. Instead of barging through the day on autopilot, really stop to think about the tiniest little things that added a moment of joy. No, of course stopping and smelling the flowers won't cure all our ills and woes. But taking the time to savour the things that bring pleasure, really being in that moment and appreciating it, can remind you that most days have moments that buoy your mood.'* - JO ELVIN, MAIL ON SUNDAY YOU *If there is one thing that most of us aspire to, it is, simply, to be happy. And yet attaining happiness has become, it appears, anything but simple. Having stuff - The Latest, The Newest, The Best Yet - is all too often peddled as the sure fire route to happiness. So why then, in our consumer-driven society, is depression, stress and anxiety ever more common, affecting every strata of society and every age, even, worryingly, the very young? Why is it, when we have so much, that many of us still feel we are missing something and the rush of pleasure when we buy something new turns so quickly into a feeling of emptiness, or purposelessness, or guilt? So what is the route to real, deep, long lasting happiness? Could it be that our lives have just become overly crowded, that we've lost sight of the things - the simple things - that give a sense of achievement, a feeling of joy or excitement? That make us happy. Do we need to take a step back, reprioritise? Do we need to make our lives more simple? Kate Humble's fresh and frank exploration of a stripped-back approach to life is uplifting, engaging and inspiring - and will help us all find balance and happiness every day.*

*Exploring themes that preoccupied Albert Camus--absurdity, silence, revolt, fidelity, and moderation--Robert Zaretsky portrays a moralist who refused to be fooled by the nobler names we assign to our actions, and who pushed himself, and those about him, to challenge the status quo. For Camus, rebellion against injustice is the human condition. How to achieve professional success and the perfect work-life balance, including sections on visualisation, organisation, running meetings, firing people, creating a company's culture and 'the hidden secret' of charitable giving, by the former CEO of*

***Allied Dunbar and St James's Place Wealth Management.***

***Discusses the latest findings on aging, medicine, and psychological health, and offers advice on how to enjoy one's extended lifespan.***

***A Short History of Living Longer***

***Taking Ownership of Your Work and Your Life***

***Preparing for Jobs that Don't Even Exist Yet***

***The Future of Work Is Already Here***

***A Year of Living Simply***

***Macroeconomics***

***Extra Time: 10 Lessons for an Ageing Society - How to Live Longer and Live Better***

'Dr Anna Dixon has written a must-read for anyone interested in the future of ageing.

Learn from one of the best informed about an issue, and opportunity, that is facing us all.'

Andy Briggs, Head of FTSE 100 life insurer Phoenix Group 'A very important book' Sir Muir

Gray The Age of Ageing Better? takes a radically different view of what our ageing society

means. Dr Anna Dixon turns the misleading and depressing narrative of burden and

massive extra cost of people living longer on its head and shows how our society could

thrive if we started thinking differently. This book shines a spotlight on how as a society

we're currently failing to respond to the shifting age profile - and what needs to change.

Examining key areas of society including health, financial security, where and how people

live, and social connections, Anna Dixon presents a refreshingly optimistic vision for the

future that could change the way we value later life in every sense.

An expert on human longevity reveals the sometimes unusual but effective secrets of diet,

behavior, fitness, and attitude collected from long-lived communities around the world,

revealing the critical everyday lifestyle choices and behavior that correspond to a longer,

healthier life. Reprint.

A demographic futurist explains the coming Super Age—when there will be more people

older than sixty-five than those under the age of eighteen—and explores what it could

mean for our collective future. Societies all over the world are getting older, the result of

the fact that we are living longer and having fewer children. At some point in the near

future, much of the developed world will have at least twenty percent of their national

populations over the age of sixty-five. Bradley Schurman calls this the Super Age. Today,

Italy, Japan, and Germany have already reached the Super Age, and another ten countries

will have gone over the tipping point in 2021. Thirty-five countries will be part of this club

by the end of the decade. This seismic shift in the world population can portend a period of

tremendous growth—or leave swaths of us behind. Schurman explains how changing

demographics will affect government and business and touch all of our lives. Fewer people

working and paying income taxes, due to outdated employment and retirement practices,

could mean less money feeding popular programs such as Social Security and

Medicare—with greater numbers relying on them. The forced retirement or redundancy of

older workers could impact business by creating a shortage of workers, which would likely

drive wages up and result in inflation. Corporations, too, must rethink marketing

strategies—older consumers are already purchasing the majority of new cars, and they are

a growing and vitally important market for health technologies and housing. Architects and

designers must re-create homes and communities that are more inclusive of people of all

ages and abilities. If we aren't prepared for the changes to come, Schurman warns, we face

economic stagnation, increased isolation of at-risk populations, and accelerated decline of

rural communities. Instead, we can plan now to harness the benefits of the Super Age:

extended and healthier lives, more generational cooperation at work and home, and new

markets and products to explore. The choice is ours to make.

We are experiencing the greatest global shift in the world of work for a century. So, how do we make the most of this unique opportunity and radically redesign the way we work - forever? Professor Lynda Gratton is the global thought-leader on the future of work. Based on thirty years of research into the technological, demographic, cultural and societal trends that are shaping work, and building on what we learnt through our experiences of the global pandemic, Lynda Gratton presents her innovative four step framework for redesigning work that will help you: Understand the challenges your business is facing Reimagine creative, new approaches and processes Model and Test these within your organisation Act and Create based on contemporary, data-led feedback Whether you're working in a small team or running a multinational, this is the time to make lasting change and equip your business for the future. Redesigning Work is the definitive book on how to transform your organisation and make hybrid working work for you. It will help your team embrace change, increase productivity and thrive in our new, more flexible working world. Redesigning Work

A Data-Driven Guide to Better Decision Making in the Early School Years - THE INSTANT NEW YORK TIMES BESTSELLER

Fair Pay, Fair Play

A Manifesto For Our Future

Aligning Executive Performance and Pay

The Life and Times of Alan Greenspan

Lessons for Living Longer from the People Who've Lived the Longest

*A timely look at how to evaluate and determine executive pay Recognized as the leading expert on executive compensation, Robin Ferracone combines her own 20 years of experience with interviews with executives and compensation committees to provide a clear examination of and guidance on determining pay packages, actions, and designs. and Over the past 25 years, the author has created a database of executive pay across 44,000 companies, broken down by company performance, company revenue and industry. Using this data, the author provides boards and individuals evaluating executive pay with the ability to analytically determine an appropriate compensation package.*

*Provides real-life stories, perspectives, and insights from thought leaders on executive compensation Contains interview with compensation committee members, executives, academicians, government leaders, and shareholder activists Research based on 44,000 companies broken down by performance, revenue and industry Offers a timely resource on a hot button topic.*

*Macroeconomics: Understanding the Global Economy, 3rd Edition is to help students - and indeed anyone - understand contemporary and past economic events that shape the world we live in, and at a sophisticated level. But it does so without focusing on mathematical techniques and models for their own sake. Theory is taken seriously - so much so that the authors go to pains to understand the key aspects of theories in a way that will not put people off before they see how theories are useful to analyse issues. The authors believe that theories are essential*

to better understand the world, thus the book includes a wealth of historic and current episodes and data to both see how theories can help interpret the world and also to judge their validity. Economies today are very inter-connected; what happens in China matters pretty much everywhere; and what happens in one (even small) country in the euro zone has implications for the whole euro area and beyond, consequently *Macroeconomics, 3rd Edition* adopts a very international focus.

Discover how to make the second half of your life happy and productive with this perceptive and inspiring guidebook that will help you achieve your dreams and get more out of life—whether or not retirement is in your future plans. We are living in a time when everyone is constantly reassessing what is next for them. In the mid-career group, people who have spent years working are now seeing their industry dramatically evolve and are facing the question: “What does that mean for me in the next twenty years?” At the same time, the post-career population is also going through massive change and dealing with the fact that many of them are not prepared financially, logistically, or emotionally for the next phase of their lives. And while we may want to retire, most of us don’t want to do nothing. With expert insight and approachable techniques, *Roar* will help you identify fresh goals and take meaningful action to achieve a purposeful life. Featuring a unique and dynamic 4-part process, *Roar* will show you how to: - Reimagine yourself - Own who you are - Act on what’s next - Reassess your relationships Transformative and invigorating, this is the ultimate roadmap to the latest journey of your life.

'An inspirational call to arms' DAILY MAIL 'This book is so sensible, so substantially researched, so briskly written, so clear in its arguments, that one wishes Baroness Cavendish was still whispering into the prime ministerial ear' THE TIMES 'A thoughtful handbook to help societies age gracefully' Financial Times 'This bold, visionary book is a wake-up call to governments. It is a wake-up call to us all' SUNDAY TIMES From award-winning journalist, Camilla Cavendish, comes a profound analysis of one of the biggest challenges facing the human population today. The world is undergoing a dramatic demographic shift. By 2020, for the first time in history, the number of people aged 65 and over will outnumber children aged five and under. But our systems are lagging woefully behind this new reality. In *Extra Time*, Camilla Cavendish embarks on a journey to understand how different countries are responding to these unprecedented challenges. Travelling across the world in a carefully researched and deeply human investigation, Cavendish contests many of the taboos around ageing. Interviewing leading

*scientists about breakthroughs that could soon transform the quality and extent of life, she sparks a debate about how governments, businesses, doctors, the media and each one of us should handle the second half of life. She argues that if we take a more positive approach, we should be able to reap the benefits of a prolonged life. But that will mean changing our attitudes and using technology, community, even anti-ageing pills, to bring about a revolution.*

*Smart Tactics for Overcoming the Problem People in Your Life  
The Man Who Knew*

*The Art of Growing Older*

*Why Some Teams, Workplaces, and Organizations Buzz with Energy –  
And Others Don't*

*Elements of Life*

*ACT 3*

*This Book Could Save Your Life*

Smart new technologies. Longer, healthier lives. Human progress has risen to great heights, but at the same time it has prompted anxiety about where we're heading. Are our jobs under threat? If we live to 100, will we ever really stop working? And how will this change the way we love, manage and learn from others? One thing is clear: advances in technology have not been matched by the necessary innovation to our social structures. In our era of unprecedented change, we haven't yet discovered new ways of living. Drawing from the fields of economics and psychology, Andrew J. Scott and Lynda Gratton offer a simple framework based on three fundamental principles (Narrate, Explore and Relate) to give you the tools to navigate the challenges ahead. The New Long Life is the essential guide to a longer, smarter, happier life.

The 60-Year Curriculum explores models and strategies for lifelong learning in an era of profound economic disruption and reinvention. Over the next half-century, globalization, regional threats to sustainability, climate change, and technologies such as artificial intelligence and data mining will transform our education and workforce sectors. In turn, higher education must shift to offer every student life-wide opportunities for the continuous upskilling they will need to achieve decades of worthwhile employability. This cutting-edge book describes the evolution of new models—covering computer science, inclusive design, critical thinking, civics, and more—by which universities can increase learners' trajectories across multiple careers from mid-

adolescence to retirement. Stakeholders in workforce development, curriculum and instructional design, lifelong learning, and higher and continuing education will find a unique synthesis offering valuable insights and actionable next steps.

We all want to be healthier, stronger and live longer, but what really works? From stress to saturated fats, HIIT to HRT, veganism to vitamins, *This Book Could Save Your Life* debunks the fads and explores the real science of better health. What's the best way to lose weight (and keep it off)? How can you ensure a good night's sleep? What are the real superfoods? How can you minimise the risks of getting diabetes, cancer or Alzheimer's? And how can you slow the ageing process? Cutting through confusing statistics and terrifying headlines, here is the truth about dieting, drugs, 10,000 steps a day, bacon, calorie-counting, coffee, dairy, sleep, fibre, hangovers, salt, sugar, cardio, sunscreen, statins, vitamins, and much more. Full of the latest research and ground-breaking evidence, packed with useful advice, this book really could save your life.

Most of us recognize that organizations are everywhere. You meet them on every street corner in the form of families and shops, study in them, work for them, buy from them, pay taxes to them. But have you given much thought to where they came from, what they are today, and what they might become in the future? How and why do they have so much influence over us, and what influences them? How do they contribute to and detract from the meaningfulness of lives, and how might we improve them so they better serve our needs and desires? *This Very Short Introduction* addresses all of these questions and considers many more. Mary Jo Hatch introduces the concept of organizations by presenting definitions and ideas drawn from a variety of subject areas including the physical sciences, economics, sociology, psychology, anthropology, literature, and the visual and performing arts. Drawing on examples from prehistory and everyday life, from the animal kingdom as well as from business, government, and other formal organizations, Hatch provides a lively and thought provoking introduction to the process of organization. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject

quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

How to Be Chief Executive of Your Own Life

The Ancient Secret to Longevity, Vitality, and Life Transformation

The 100-Year Life by Lynda Gratton and Andrew Scott (Summary)

How to Transform Your Organisation and Make Hybrid Work for Everyone

The One Hundred Years of Lenni and Margot Wisdom at Work

**A visionary guide for the future of learning and work Long Life Learning: Preparing for Jobs That Don't Even Exist Yet offers readers a fascinating glimpse into a near-future where careers last 100 years, and education lasts a lifetime. The book makes the case that learners of the future are going to repeatedly seek out educational opportunities throughout the course of their working lives — which will no longer have a beginning, middle, and end. Long Life Learning focuses on the disruptive and burgeoning innovations that are laying the foundation for a new learning model that includes clear navigation, wraparound and funding supports, targeted education, and clear connections to more transparent hiring processes. Written by the former chief innovation officer of Strada Education Network's Institute for the Future of Work, the book examines: How will a dramatically extended lifespan affect our careers? How will more time in the workforce shape our educational demands? Will a four-year degree earned at the start of a 100-year career adequately prepare us for the challenges ahead? Perfect for anyone with an interest in the future of education and Clayton Christensen's theories of disruptive innovation, Long Life Learning provides an invaluable glimpse into a future that many of us have not even begun to imagine.**

**What will your 100-year life look like? Does the thought of working for 60 or 70 years fill you with dread? Or can you see the potential for a more stimulating future as a result of having so much extra time? Many of us have been raised on the traditional notion of a three-stage approach to our working lives: education, followed by work and then retirement. But this well-established pathway is already beginning to collapse – life expectancy is rising, final-salary pensions are vanishing, and increasing numbers of people are juggling multiple careers. Whether you are 18, 45 or 60, you will need to do things very differently from previous generations and learn to structure your life in completely new ways. The 100-Year Life is here to help. Drawing on the unique pairing of their experience in psychology and economics, Lynda Gratton and Andrew Scott offer a broad-ranging analysis as well as a raft of solutions, showing how to rethink your finances, your education, your career and your relationships and create a fulfilling 100-year life. · How can you fashion a career and life path that defines you and your values and creates a shifting balance between work and leisure? ·**

**What are the most effective ways of boosting your physical and mental health over a longer and more dynamic lifespan? · How can you make the most of your intangible assets – such as family and friends – as you build a productive, longer life? · In a multiple-stage life how can you learn to make the transitions that will be so crucial and experiment with new ways of living, working and learning? Shortlisted for the FT/McKinsey Business Book of the Year Award, The 100-Year Life is a wake-up call that describes what to expect and considers the choices and options that you will face. It is also fundamentally a call to action for individuals, politicians, firms and governments and offers the clearest demonstration that a 100-year life can be a wonderful and inspiring one.**

**'A stunner ... If you haven't got this book in your house, I don't know why' Chris Evans 'A startling wake-up call . . . Writing with the vim of a Bill Bryson and the technical knowledge of a scientist, Steele gives us a chance to grasp what's at stake' Independent 'An exhilarating journey . . . Steele is a superb guide' Telegraph**

**'A fascinating read with almost every page bursting with extraordinary facts . . . Read it now' Mail on Sunday Ageless is a guide to the biggest issue we all face. Ageing – not cancer, not heart disease – is the world's leading cause of death and suffering. What would the world be like if we could cure it? Living disease-free until the age of 100 is achievable within our lifetimes. In prose that is lucid and full of fascinating facts, Ageless introduces us to the cutting-edge research that is paving the way for this revolution.**

**Computational biologist Andrew Steele explains what occurs biologically as we age, as well as practical ways we can slow down the process. He reveals how understanding the scientific implications of ageing could lead to the greatest discovery in the history of civilisation – one that has the potential to improve billions of lives, save trillions of dollars, and transform the human condition.**

**“Offers a useful reminder of the role of modern science in fundamentally transforming all of our lives.” —President Barack Obama (on Twitter) “An important book.” —Steven Pinker, The New York Times Book Review Now also a PBS documentary series: the surprising story of how humans gained what amounts to an extra life, from the bestselling author of How We Got to Now and Where Good Ideas Come From As a species we have doubled our life expectancy in just one hundred years. All the advances of modern life—the medical breakthroughs, the public health institutions, the rising standards of living—have given us each about twenty thousand extra days on average. There are few measures of human progress more astonishing than our increased longevity. This book is Steven Johnson’s attempt to understand where that progress came from. How many of those extra twenty thousand days came from vaccines, or the decrease in famines, or seatbelts? What are the forces that now keep us alive longer? Behind each breakthrough lies an inspiring story of cooperative innovation, of brilliant thinkers bolstered by strong systems of public support and collaborative networks. But it is not enough simply to remind ourselves that progress is possible. How do we avoid decreases in life expectancy as our public health systems face unprecedented challenges? What current technologies or interventions that could reduce the impact of future crises are we somehow ignoring? A study in how meaningful change happens in**

society, *Extra Life* is an ode to the enduring power of common goals and public resources. The most fundamental progress we have experienced over the past few centuries has not come from big corporations or start-ups. It has come, instead, from activists struggling for reform; from university-based and publicly funded scientists sharing their findings open-source-style; and from nonprofit agencies spreading new innovations around the world.

**The 100 Year Lifestyle**

**The joys of a life less complicated**

**The unforgettable Richard & Judy Book Club pick 2021**

**Ageless**

**The Super Age**

**How to Deal With Difficult People**

**The Family Firm**

At last, the life you want . . . post 50. We're living longer, in better health, with higher expectations than any generation in human history. With an extra adult chapter to look forward to, what will you do? Who else could you be? How will you evolve the best plan for your life between 50 and 80? Judy and Adrian Reith have decades of experience in helping people see hidden possibilities, clarify their goals and achieve life-changing results. In Act 3 they suggest practical steps to make your life more fulfilling as you age. From the ground up this book will help you identify and strengthen the four roots you'll need for a happy and successful third act. It illustrates how your attitude, purpose, relationships and values are keystones to a life without regret. Act 3 gives tools and tips to help you focus on what matters, with chapters on Work, Home, Money, Health, Play, the World and Friends. You'll be inspired by original stories of those who have changed their lives after 50 and be able to re-imagine your future, and so get the life you want . . . at last.

Doug Fanning lives an apparently gilded existence. A Gulf war veteran turned banker at the vast investment bank Union Atlantic, he is wealthy, handsome and powerful - the epitome of Wall Street success. Charlotte Graves lives in self-imposed exile deep in the forests of rural Massachusetts, stubbornly refusing to engage with a country she feels to be in morally bankrupt. When Fanning decides to build himself a sprawling mansion adjacent to her home, her isolation is threatened and she determines to evict him from his land and, if she can, his kind from her country. Union Atlantic is a deeply involving novel of the modern world - a world in crisis, where individual humanity is

pitted against the global marketplace, and we must decide what, in the end, we value most highly.

'Emotional, involving, witty and sad. Everyone is going to love Lenni and Margot' JILL MANSELL 'Lenni and Margot are two of the most wonderful, warm, witty and wise heroines I've ever met. Beautiful and glorious' CLARE POOLEY, author of The Authenticity Project Fiercely alive, disarmingly funny and brimming with tenderness, THE ONE HUNDRED YEARS OF LENNI AND MARGOT unwraps the extraordinary gift of life, and revels in our infinite capacity for friendship and love when we need them most.

Life is short. No one knows that better than seventeen-year-old Lenni. But as she is about to learn, it's not only what you make of life that matters, but who you share it with. Dodging doctor's orders, she joins an art class where she bumps into fellow patient Margot, a rebel-hearted eight-three-year-old from the next ward. Their bond is instant as they realize that together they have lived an astonishing one hundred years. To celebrate their shared century, they decide to paint their life stories: of growing old and staying young, of giving joy, of receiving kindness, of losing love, of finding the person who is everything. As their friendship deepens, it becomes vividly clear that life is not done with Lenni and Margot yet. An extraordinary friendship. A lifetime of stories. Their last one begins here.

----- VOTED BEST UPLIFTING BOOK OF 2021 BY THE INDEPENDENT 'Full of wisdom and kindness. It is just the kind of book I adore' JOANNA CANNON 'Such a delight! I fell head over heels for Lenni and Margot, their wit and vibrancy and marvellous outlooks on life. An utter joy' ABBIE GREAVES

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

I've Decided to Live 120 Years

Organizations: A Very Short Introduction

The Blue Zones

into the second half of your life (before it's too late)

Living to 100

Union Atlantic

No Marketing Blurb

We are now facing a revolution in the way we work. This is not just about the impact that a low carbon economy will have on the way we work, it is also

about how the nexus of technology and globalisation will work together with demographic and societal changes to fundamentally transform much of what we take for granted about work.

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. An unlikely duo of a psychologist and an economist, Lynda Gratton and Andrew Scott bring their expertise to analyze and offer solutions on the unique challenges in a world in which people are living closer to a 100-year life. Learn how to rethink your life plan, tackling issues like your relationships, your education, your career, and your retirement. How do you handle the prospect of working for 60 or 70 years? When and how should you start planning for a retirement that might not come until your 70s? How do you enjoy life to its fullest all the way through your 80s and 90s? Gratton and Scott offer a roadmap for navigating a life approaching the triple digits.

Written by three career experts, *An Intelligent Career* is a playbook for the modern knowledge worker, providing a complete guide that will allow workers to take a composite, dynamic view of a life's work in the 21st century. "Knowledge work" - the kind of work where one thinks for a living - is fundamental in today's economy. It is the basis for long-term success in the global economy and it drives the collective brainpower through which goods and services are delivered. And today, knowledge work requires much more than a college degree: it means understanding the changing nature of work and employment, and the processes through which knowledge is generated, transferred, and applied. It means understanding new career possibilities, more dynamic work arrangements, and the growing demand for knowledge work around the globe. It means navigating work life with an authenticity that replaces any straightforward loyalty to a single employer, and instead calls for better understanding of the self, collaborators, clients, and customers. *An Intelligent Career* provides clear guidance on how to take charge of your own destiny, seek continuous learning, collaborate with others, recognize and act on fresh opportunities, determine when it is time to move on, and much more. Ultimately, the goal of this book is to help knowledge workers from architects to lawyers learn to work on their own terms and to assume ownership of work and career.

The New Long Life

The New Science of Getting Older Without Getting Old

A Life Worth Living

An Intelligent Career

The Science of Living Longer Better

The 60-Year Curriculum

A Living Series...

You always know when you are in a Hot Spot. You feel energized and vibrantly alive. Your brain is buzzing with ideas, and the people around you share your joy and excitement. Things you've always known become clearer, adding value becomes more possible. Ideas and insights from others miraculously combine

with your own to create new thinking and innovation. When Hot Spots arise in and between companies, they provide energy for exploiting and applying knowledge that is already known and genuinely exploring what was previously unknown. Hot Spots are marvelous creators of value for organizations and wonderful, life-enhancing phenomena for each of us. Lynda Gratton has spent more than ten years investigating Hot Spots--discovering how they emerge and how organizations can create environments where they will proliferate and thrive. She has studied dozens of companies and talked to hundreds of employees, managers, and executives in the US, Europe, and Asia. She has asked the important questions: Why and when do Hot Spots emerge? What is it about certain groups of people that support the emergence of Hot Spots? What role do leaders play? She's discovered a host of elements that together contribute to the emergence of Hot Spots--creating energy and excitement, and supporting and channeling that energy into productive outcomes. In this groundbreaking book, Gratton describes four crucial qualities that an organizational culture must have to support the emergence of Hot Spots, looks at what leaders can do to encourage them, and offers activities and tools you can use in your own company to increase the probability of them arising. In these days when traditional organizational boundaries are becoming barriers to progress, Gratton offers advice and guidance that you can use right now to increase the probability of Hot Spots emerging in your organization.

How much do we know ourselves is critically very important and perhaps very essential. Life we do face many curves up and down while in course of life. Marriage, becoming parent, life traumas and recoveries, retiring from jobs, empty nest, loss of relations, death of beloved. So yes various experiences... We get tired sometimes and immediately ask a question "why me?," but do remember the universe is not short of any wakeup calls we are just very quick in reactions. The four elements of life Air, Water, Earth, Fire are the only truth which than render the whole meaning of being as a human. Are we authentic? Are we living in courage? Are we kind and in patience? Are we grateful? How we face life and respond to life is all that matters. Elements of Life explores the options and choices which will help you to live more in tune with what you want from life. Motivational chapters simple questions based on elements of life - air, fire, water and earth providing simple strategies of life help you to live in harmony with yourself, others and the world, enhancing you to be true to your values and to interact with others while being In more patience. To do otherwise is to foster discontentment and unhappiness, but everyone wants to be in peace and lead a happy life in the end of the day. Living in moderation balancing all the elements of being authentic, being in peace, being grateful, being a little more compassionate can improve the very purpose of being in this awesome life. Not just an anti-aging book, The 100 Year Lifestyle is a total life approach for increasing quality and quantity of years. This revolutionary book reveals the secret of making the most of our extended lifestyle. It gives the mindset, tools, and strategies to enjoy the highest quality of life as we age in years without aging in body and mind, including diet nutrition, exercise, mental agility, creativity, finances, friends and family, work, community, and a sense of purpose. This

unique program for optimum health and happiness is as interactive as it is informative, offering readers the opportunity to customize their new 100 Year Lifestyle to suit their own needs.

\*A new edition of the international bestseller (a #1 bestseller in Japan), featuring a new preface\* Does the thought of working for 60 or 70 years fill you with dread? Or can you see the potential for a more stimulating future as a result of having so much extra time? Many of us have been raised on the traditional notion of a three-stage approach to our working lives- education, followed by work and then retirement. But this well-established pathway is already beginning to collapse o life expectancy is rising, final-salary pensions are vanishing, and increasing numbers of people are juggling multiple careers. Whether you are 18, 45 or 60, you will need to do things very differently from previous generations and learn to structure your life in completely new ways. The 100-Year Life is here to help. Drawing on the unique pairing of their experience in psychology and economics, Lynda Gratton and Andrew Scott offer a broad-ranging analysis as well as a raft of solutions, showing how to rethink your finances, your education, your career and your relationships and create a fulfilling 100-year life. How can you fashion a career and life path that defines you and your values and creates a shifting balance between work and leisure? What are the most effective ways of boosting your physical and mental health over a longer and more dynamic lifespan? How can you make the most of your intangible assets o such as family and friends o as you build a productive, longer life? In a multiple-stage life how can you learn to make the transitions that will be so crucial and experiment with new ways of living, working and learning? Shortlisted for the FT/McKinsey Business Book of the Year Award and featuring a new preface, The 100-Year Life is a wake-up call that describes what to expect and considers the choices and options that you will face. It is also fundamentally a call to action for individuals, politicians, firms and governments and offers the clearest demonstration that a 100-year life can be a wonderful and inspiring one.

The Book of Snobs

A Framework for Flourishing in a Changing World

New Models for Lifelong Learning in the Digital Economy

Extra Life

Lessons in Living to Your Maximum Potential at Any Age

The 100-Year Life

Long Life Learning