



Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age

By Jo Ann Jenkins

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"Jo Ann Jenkins's *Disrupt Aging* is spot-on: every single year is a gift. By confronting the most common stereotypes about aging, this book will help us all live each year to the fullest." -Sheryl Sandberg, COO of Facebook and founder of LeanIn.Org

We've all seen the ads on TV and in magazines—"50 is the new 30!" or "60 is the new 40!" A nice sentiment to be sure, but CEO of AARP Jo Ann Jenkins disagrees. 50 is 50, and she, for one, likes the look of it.

In *Disrupt Aging*, Jenkins focuses on three core areas—health, wealth, and self—to show us how to embrace opportunities and change the way we look at getting older. Here, she chronicles her own journey and that of others who are making their mark as disruptors to show readers how we can be active, healthy, and happy as we get older. Through this powerful and engaging narrative, she touches on all the important issues facing people 50+ today, from caregiving and mindful living to building age-friendly communities and making our money last.

This is a book for all the makers and doers who have a desire to continue exploring possibilities, to celebrate discovery over decline, and to seek out opportunities to live the best life there is.

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Editorial Review

Review

"A brilliant and compelling new look at the future of aging." **Joseph F. Coughlin, Ph.D.**, Director, Massachusetts Institute of Technology Age Lab

"In *Disrupt Aging*, Jenkins offers the generational call to action we've been waiting for: to break free from outmoded ideas about age, to embrace the rich possibilities present in the decades opening up beyond fifty, and to join a growing movement of individuals determined to live lives infused with purpose. Beautifully written, full of humor and inspiration, and powerfully argued, this book offers the definitive map for making the most of the longevity revolution, as individuals and as a nation." **Marc Freedman**, Founder/CEO of Encore.org and author of *The Big Shift*

Jo Ann Jenkins believes that age and experience can expand life's possibilities for all of us. In this personal and thought-provoking book, she inspires us to seize the opportunities that longer lives give us and to embrace aging as something to look forward to, not something to fear. **Jeff Gordon**, Four-time NASCAR Cup Series Champion

"In *Disrupt Aging*, Jo Ann Jenkins lays out a game plan for living your best life regardless of your age." **Dan Marino**, former NFL Quarterback

"Jo Ann's *Disrupt Aging* is spot on: every single year is a gift. By confronting the most common stereotypes about aging, this book will help us all live each year to the fullest."

Sheryl Sandberg, COO of Facebook and founder of LeanIn.Org

"Jenkins has written a playbook for improving life for adults at any age, pointing the way to the freedom to choose, earn, learn, and pursue happiness. With a positive outlook and many creative suggestions, this straightforward book will be an inspiration to boomers and millennials."

Booklist

"Jo Ann Jenkins doesn't just challenge the stereotypes of aging, she reduces them to rubble, showing that our later years can be just as productive, meaningful and purposeful as our primary working years. With its inspiring stories of people redefining what it means to grow older, *Disrupt Aging* is for anyone who insists on living a life of connection, engagement, expansion and possibility - at any age." **Arianna Huffington**, co-founder, president, and editor-in-chief of the Huffington Post Media Group

About the Author

Jo Ann Jenkins is chief executive officer of AARP, the world's largest nonprofit, nonpartisan membership organization dedicated to social change and helping people 50 and over to improve the quality of their lives. Prior to her appointment as CEO, Jenkins served as their chief operating officer and before that, was president of AARP Foundation, AARP's affiliated charity. Prior to the coming to AARP Foundation, Jenkins was the CEO of the Library of Congress. In May 2010, she was recognized by the technology industry with the 11th annual Women in Technology Leadership Award for her innovative work on the Library of Congress Experience. She is also a recipient of the Library of Congress Distinguished Service Award. She is a Malcolm Baldrige fellow, recipient of the 2013 Black Women's Agenda Economic Development Award

for spearheading investments undergirding innovative social impact programs, and one of the NonProfit Times' Power and Influence Top 50 for 2013 and 2014.

Users Review

From reader reviews:

Clarence Bowen:

Have you spare time for any day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a wander, shopping, or went to the actual Mall. How about open or maybe read a book titled Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age? Maybe it is to be best activity for you. You realize beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with it is opinion or you have additional opinion?

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Mae Marks:

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Adrian Johnson:

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