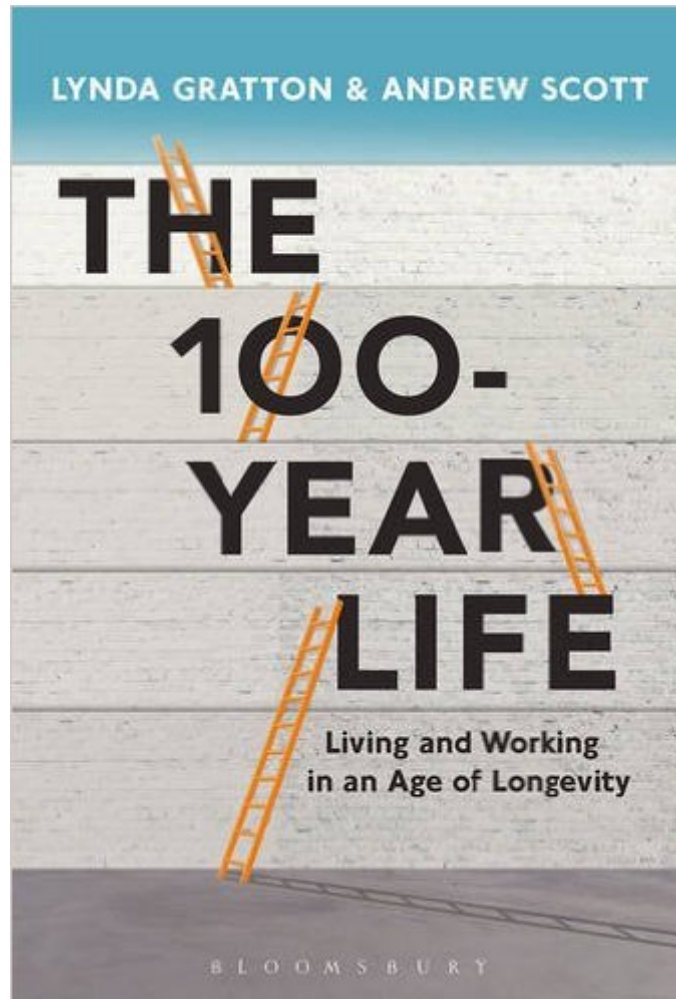


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# The 100-Year Life: Living And Working In An Age Of Longevity



## Synopsis

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? 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.

## Book Information

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## Customer Reviews

The 100-Year Life would have made a good article, to introduce the concept of needing to plan for a longer life, but, in my opinion, the book has little to offer and isn't worth the price. The coverage is quite broad, but offers no depth. There are vague suggestions, without giving details on practical advice. The advice that is offered is nothing new. Really, it just comes down to making people think about living longer, but The 100-Year Life doesn't really have the answers. To give you a concept of what is covered, I'll list the chapter subheading, but please understand that these topics are not covered in depth: Introduction - "The curse of Ondine; It is different this time; Who am I? CH 1 - "Living: The gift of a long life CH 2 - "Financing: Working for longer; The life that Jack built; Jimmy: The three-stage life is stretched; Jane - "The three-stage life breaks; RIP the three-stage life CH 3 - "Working: The employment landscape; The new industries and ecosystems; A jobless future?; The future of work; What would be the advice to Jane? CH 4 - "Intangibles: Focusing on the priceless; Asset management; 1. Productive assets; Stocks of valuable skills and knowledge; Peers; Reputation; 2. Vitality assets; Fitness and health; Balanced living; Regenerative friendships; Jack's intangible assets; The imbalances of a three-stage life; 3. A new asset class: Transformational assets; Self-knowledge; Diverse networks CH 5 - "Scenarios: Possible selves; Jimmy: the audit; The 3.0 scenario; The 3.5 scenarios; The 4.0 scenarios; Scenarios for Jane; The 4.0 scenario for Jane; The 5.

This is a topic of immense personal and professional interest; I've taught related topics for decades and have numerous relatives who lived well into their 90's (with one reaching the ripe age of 102) during an era when the life expectancy was less than 70 for men. Unfortunately, there are some serious problems with the book beginning with the premise that we are all going to live longer with less morbidity...in fact, life expectancy for some continues to increase while for others, revised numbers show a decline in life expectancy due to early onset obesity, high blood pressure, diabetes and a host of other related health issues. Next, the author presents several compelling fictional case study examples but tends toward the simplistic while ignoring "real life" issues. Let me explain. My grandfather lived to his mid 90's after having retired by age 62...he enjoyed 35 years of retirement and was still able to provide full time nursing care for his wife/my grandmother for another decade after his passing. He had built up a considerable amount of savings and passive investments but by no means had a lavish lifestyle...in fact, he lived in a decidedly modest house. Although he owned a

few acres of land, the surrounding area changed to the point that crime rates skyrocketed - you could literally hear guns being fired in the background. His health was excellent but the immediate environment had deteriorated to the point that safety was a very real issue. Purchasing a new home in his area would have reduced the amount of savings while increasing the cost of living substantially....basically, despite doing everything right, he was a prisoner of increased cost of living, rising crime rates and stagnant savings.

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