



A Long Bright Future

Laura Carstensen

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The twentieth century bequeathed us a fabulous gift: thirty more years of life on average. Supersized life spans are going to radically alter society, and present an unprecedented opportunity to change our approach not only to old age but to all of life's stages. The ramifications are just beginning to dawn on us.... yet in the meantime, we keep thinking about, and planning for, life as it used to be lived.

In *A Long Bright Future*, longevity and aging expert Laura Carstensen guides us into the new possibilities offered by a longer life. She debunks the myths and misconceptions about aging that stop us from adequately preparing for the future both as individuals and as a society: that growing older is associated with loneliness and unhappiness, and that only the genetically blessed live well and long. She then focuses on other important components of a long life, including finances, health, social relationships, Medicare and Social Security, challenging our preconceived notions of "old age" every step of the way.

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