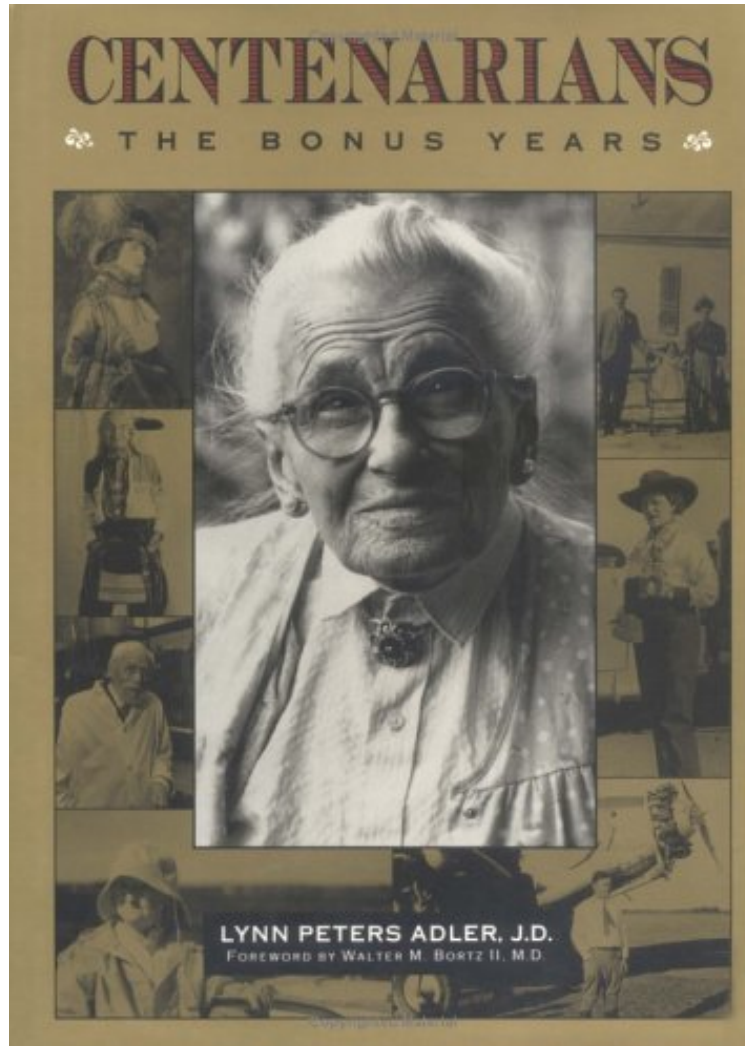


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Centenarians: People Over 100: A Triumph of Will and Spirit

Lynn Adler

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Lynn Adler : Centenarians: People Over 100: A Triumph of Will and Spirit before purchasing it in order to gage whether or not it would be worth my time, and all praised Centenarians: People Over 100: A Triumph of Will and Spirit:

1 of 1 people found the following review helpful. Worth a lookBy H. LindquistLet's face it. This country has a problem with old people. They're all too often isolated or shut away into rest homes. Most younger folk don't want to hang out with them and the media doesn't speak for them, unless it's a matter of buying the next wonder pill. This book has been whiling away on a shelf in our bookshop for a year now. No one wants to buy it, because they think reading about 100-year-people must be unbearably boring. It's a shame, because this is an excellent little book. Written by a splendid lady from Arizona, the individuals depicted herein are all people you'd love to sit and have a coffee with.

They've got wonderful stories to tell and many of them still approach life with vigor, curiosity, and style. The tale of Clyde Ice is almost worth the book by itself. After a life of adventure, he celebrated his 100th by bagging a moose and taking a flight in his plane. Bit of an overachiever. :)The book also talks about the social and psychological challenges of living to an advanced age. The sad truth is that many people die of loneliness.. all their contemporaries are gone and no one comes to visit.As for tips on how to have a long life, genetics are important, but many of the people in this book have a certain plucky resilience, sometimes even feistiness. Speaking of the latter, the photo of Marjorie Stoneman Douglas, savior of the Everglades, is worth a thousand words. Viva Marjorie, Clyde, and company, and kudos to Lynn for writing this book2 of 2 people found the following review helpful. A Good IdeaBy HoneyMavenI honor the effort and heart the writer of this book put into it. For my personal taste I found it a bit long, depressing scattered. On the upside I was reminded it is very important to plan carefully for your retirement. The elders in this book are so humble. I feel bad for the ones who are neglected, whose families never visit or take interest in them. ****Elders are the gems of our communities.**** A little love goes a long way. Please take the time today to take interest in an elder in your life.15 of 15 people found the following review helpful. The best guide to advanced aging written.By A CustomerLynn Adler answers the really important question about aging; why live long? The 250 or so centenarians this book profiles have all lived through good times and bad, sickness and health and all feel they have had very good lives. The quality of their lives is what is important to them, not the number of years lived. They all have positive attitudes and what Ms.Adler calls "the centenarian spirit," her unique way of describing a winning combination of attitudes and behaviors. Ms. Adlers message is that we can learn from these extraordinary people to live our own lives well, no matter how long we may live.I enjoyed the writing style; there is obviously a lot of study revealed in this book in an inspiring and very readable fashion. Ms.Adler honors our oldest old, brings our attention to the lessons they can teach us and gives us the refreshing view of aging as not just certain, but also something to look forward to if we follow our centenarian guides.

Centenarians (people who live to 100) are the fastest growing segment of the US population. With their feet in two centuries, this unique group is receiving considerable attention, not only as role models for the future of aging, or for holding the secrets of aging well, but also as witnesses to the entire twentieth century.

From Library JournalNumerous books have been written on the topic of old age; Adler's, however, highlights the past, present, and future lives of centenarians-the very eldest of our society. Her book, as well as her state and national efforts at increasing awareness of those 100 years of age and over, offers a blend of timely research supported with lively, true-life accounts from individual centenarians and family members. The chapters on historical recollection and present and future challenges show excellent organization coupled with expert professional knowledge and personal views of the centenarians. This is an enjoyable, economical book for older and younger readers alike who are interested in issues of longevity, quality of life, and meaning. An extensive resource agency listing even includes Willard Scott's address for centenarian recognition.Linda Malone, Old Dominion Univ., Norfolk, Va.Copyright 1994 Reed Business Information, Inc. People aged 100 or older form the fastest-growing segment of our society: here Alder provides a compendium of elders' experiences, using over 10 years of research and interviews with over 250 centenarians and their families to consider how to create the good life in advanced old age. Excellent spiritual and psychological insights abound, teaching others how to come to terms with aging. -- Midwest Book About the AuthorLynn Peters Adler, JD, has devoted her career to studying and caring for the very elderly. Although she has a law degree, she has dedicated her time and energy to increasing recognition of centenarians and the very old. As author of *Centenarians: The Bonus Years*, Ms. Adler holds a wealth of information about this very special group's needs and reflections on life. As founder of The Centenarian Awareness Project, she is in touch with centenarians throughout the country. Newsweek (June 30, 1997) quoted her in their cover story "How to Live to 100" saying, "People who reach 100 are not quitters. They share a remarkable ability to renegotiate life at every turn, to accept the inevitable losses and move on."