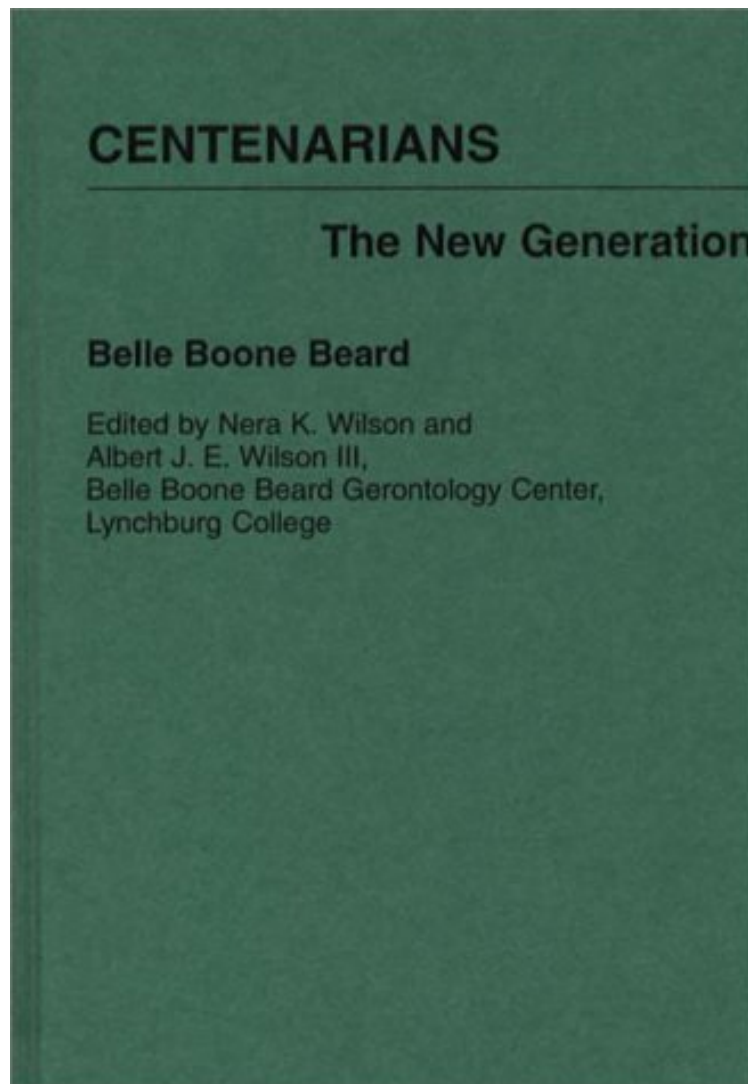


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## **Centenarians: The New Generation (Contributions to the Study of Aging)**

*From Belle B Beard Albert J E Wilson Nera K Wilson  
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**From Belle B Beard Albert J E Wilson Nera K Wilson : Centenarians: The New Generation (Contributions to the Study of Aging)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Centenarians: The New Generation (Contributions to the Study of Aging):

Successful survivors speak for themselves in this exhaustive study of the lives, attitudes, and lifestyles of more than 500 centenarians. A product of the late pioneer gerontological researcher Belle Boone Beard's over forty years of teaching, study, research, and writing in the field of aging, the book extends the author's belief that centenarians have a grasp of the essence of life itself. The volume, not a statistical research report, is based on the largest collection of data on centenarians to date. The centenarians describe their characteristics, lifestyles, and personal philosophies in response to questions such as: What characteristics and daily living patterns aided their longevity? and Do centenarians have answers about survival and successful living? Separate sections address the areas of health, education, socioeconomic status, work, social life, philosophy, romance, and individuality. Beard's insights regarding the personal characteristics and principles by which centenarians live contain some unexpected findings in the areas of social relationships and social environments. This posthumously edited volume is faithful to Beard's goals, writing style, and content themes. The five-part volume begins with an introduction that contains an overview of centenarians from the point of view of the author's forty years of study. Part II describes some of the personal characteristics of centenarians' daily lives and points up important commonalities in actions, thought, and goals. Centenarians' contributions in the areas of work, family, and community are presented in Part III, which highlights their imagination, work ethic, and persistent romantic feeling about all of life. The focus of Part IV is on the relationship between personal growth achievements and national history. The last part reports on the study's findings and suggests further research implications. The appendices contribute documentation, fifteen short stories by or about centenarians, and a form for contacting the Belle Boone Beard Gerontology Center. Excellent supplemental reading for courses in Interdisciplinary Gerontology, Sociology of Aging, Psychology of Aging, and Demographics, this volume will also be of interest to any reader who wishes to learn about the correlates of extreme longevity.

About the Author **BELLE BOONE BEARD** was Chairman and Professor, Department of Sociology, Sweet Briar College, Virginia. She also held several visiting professorships throughout her career and until 1970. Her previously published books include *Juvenile Probation and Social Competence of Centenarians*, as well as dozens of articles in journals and magazines such as *The Gerontologist*, *Journal of Gerontology*, *Geriatric Nursing*, and *Modern Maturity*. **NERA K. WILSON** is a Research Associate at the Belle Boone Beard Gerontology Center, Lynchburg College, Lynchburg, Virginia. She and **Albert J.E. Wilson** edited the manuscript of *Centenarians* posthumously for Belle Boone Beard. **ALBERT J.E. WILSON III** is Director, Belle Boone Beard Gerontology Center, Lynchburg College, Lynchburg, Virginia.