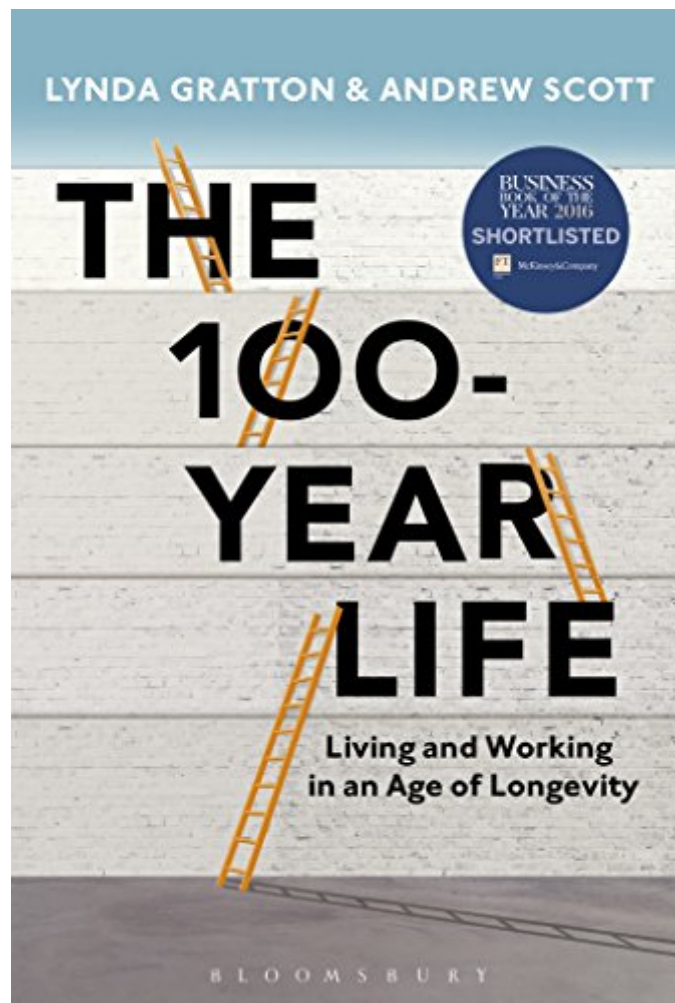


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# The 100-Year Life: Living And Working In An Age Of Longevity



## 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? Shortlisted for the FT/McKinsey Business Book of the Year Award, 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

This book is a "must read" for almost everyone - if you are a parent, a grandparent, or anyone under 40, you really need to read this book! The 100 Year Life taps into the major demographic shift that is going on as we are living longer, healthier lives, and how this results in the need to rethink the entire life course - the nature of work, education, and how we think about time and how we use it. The book gives a very practical take on what today's young people, who are likely to live into their 90s and 100s, need to think about as they navigate this longer life course and how it will shift how people think about work, retirement, and relationships.

I am 88 years old and for many years long ago in my younger days I half jokingly said I wanted to live to be 120 years old if I could remain sound of mind. Now according to your article perhaps with a little bit of luck I just may be able to achieve my goal!. I am a reader with about 4 or 5 kindles which I keep charged up at all times. I rarely watch TV, getting my news about politics, national and international news on my kindle. There are lots of things I will willingly give up but not one on of my kindles. I read the New York Times , the Washington Post and a couples others daily. only one complaint please a few fewer stories of DT. Other than that, keep up the good work. Joan Draper.

Comprehensive overview of what people should expect and plan for as life expectancy increases to 100 years. Perhaps a bit long winded and obvious in places, but still an interesting read.

Excellent read, great research and facts, easy to digest and process due to the real life scenarios...A must read for all those who are concerned about tackling the wealth creation and length of time needed to work before retirement..

Thought provoking and very well argued.

Looks at the reality all are facing as our lifespan increases assuming we want to live an engaged, meaningful life of work, leisure, contribution and connection.

This was such an insightful read! I have referred to the book almost daily and already bought extra copies as gifts. It is a MUST read for anyone of any age.

Like so many books the theme and concepts are well thought out but in order to justify peddling a book, the whole thing can drag on and repeat itself. Well worth the read, though.

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