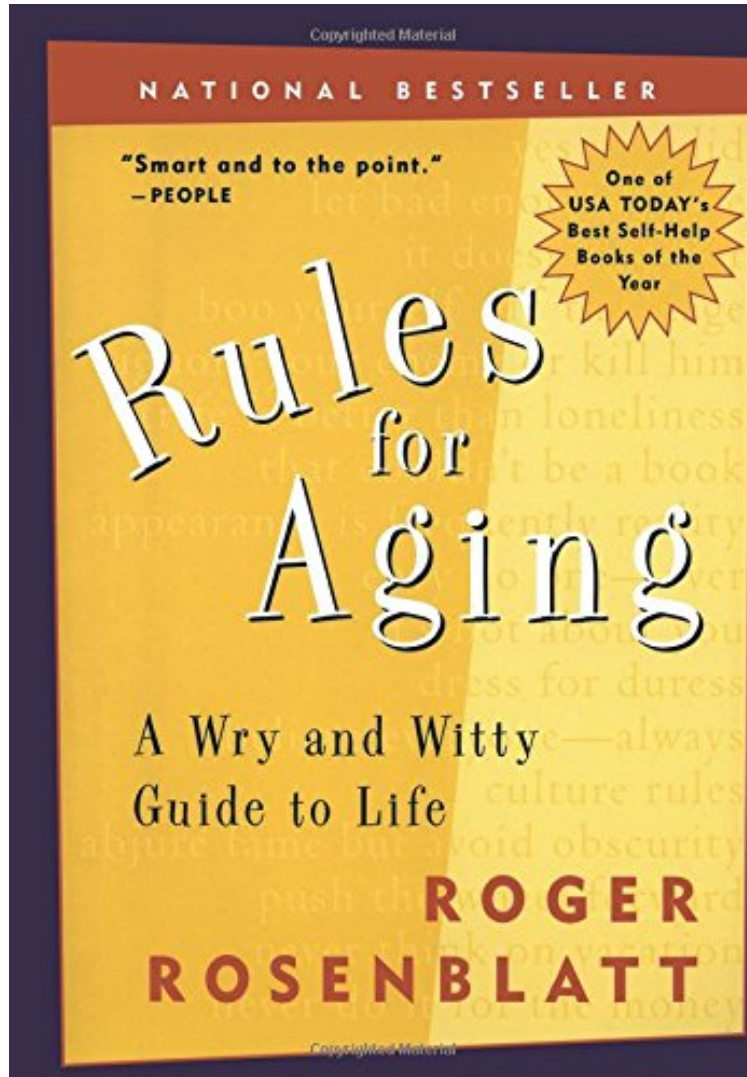


(Free download) Rules for Aging: A Wry and Witty Guide to Life

Rules for Aging: A Wry and Witty Guide to Life

Roger Rosenblatt

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#186740 in Books 2001-11-01 2001-11-01 Original language: English PDF # 1 7.50 x .48 x 5.50l, .35 #File Name: 0156013606176 pages | File size: 34.Mb

Roger Rosenblatt : Rules for Aging: A Wry and Witty Guide to Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Rules for Aging: A Wry and Witty Guide to Life:

4 of 4 people found the following review helpful. A FRESH, FUNNY, MEANINGFUL PERSPECTIVE ON AGINGBy Nikki HannaFollow Rosenblatt's rules and how you age will be a gift to those you care about most. The are simply and amusingly illustrated. I turn seventy this year. Aging is not the main thing about me anymore because I found my passion in writing and learned to create legacy through that passion. Aging is a subplot in my life, though. Growing old is always there, hauntingly revealing the gradual decline and suggesting the prospect of that suddenly-one-moment incident that change everything. These inevitable truths overwhelmed me once, but no more. I'm living

life full out until the end—riding them all the way to a good goodbye. "Rules for Aging" has been a contributor to that perspective. I loved the "It Doesn't Matter" and "Nobody is Thinking of You" chapters, which remind me to make my life crazy wonderful for my own sake. Then others will revel in my delight. My buoyant frame of mind is a gift to those who care about me. I create legacy for them and future generations by how I choose to live the final years of my life. How important is that? I particularly like Rosenblatt's suggestions that if you are bored, you are probably boring. I've noticed among my friends that those who have no passion, who have nothing going on, tell the same old stories over and over. They are creating no new ones. You can only do so much of that before boring everyone into oblivion. I wish those people could read this book. It is a virtual wealth of fresh and inspiring thoughts on how to live life full out. I highly recommend Rules for Aging book to anyone over fifty and those who care about them. What a gift it would be to give such a book to an older person who is not aging with bravado or to someone just entering the third trimester of their life. The message in this book is don't waste all those years.² of 2 people found the following review helpful. A wonderful, humorous and fun book to read if you have achieved the status of old geezer. By Joseph J. Truncale As an official old geezer (who keeps dreaming he was young and healthy again) I experience the same problems and health issues most old people do; however, I try to keep my spirits high even while using my walker. I have read numerous humorous books on aging lately but this one (Rules for aging: Resist normal impulses live longer attain perfection by Roger Rosenblatt) has become my favorite book on the subject. This wonderful and insightful book has 58 practical and realistic tips for anyone who has luckily achieved the status of now being called an old man (or woman). If you have lived long enough to be an old geezer you probably do not need this book, but for a lot of laughs, as well as practical advice, this is a book you will want to read. Like a lot of readers you will have your favorite tips and you may not agree with all of them; nevertheless, this book will make you think and possibly review, some of the things you presently may believe about aging. Some of these tips include the following: "It doesn't matter, nobody is thinking about you (I loved this one), let bad enough alone (great advice), boo yourself off the stage, yes you did, after the age of 30, it is unseemly to blame one's parent's for one's life, if something is boring you, it is probably you, swine rules" (so true about swine) and many other great gems of wisdom. If you are an old geezer who refuses to grow old and adjust to your new "brave" and arthritic way of life, you need to read this book. For all others who are under 60 you need to read this book to find out what is ahead in your life, if you live that long. Rating: 5 Stars. Joseph J. Truncale (Author: The Samurai Soul: An old warrior's poetic tribute) 0 of 0 people found the following review helpful. Should Be Rules for Living (not just aging) By Mystery Gal This is the book I would have written for my grown children, had Rosenblatt not done it first and better. It's validating to have all the truths I've collected over the years written down in one place by a kindred spirit, so beautifully expressed that I can't even feel jealous that he got to it first. My only nitpick is the title, which to my mind should be Rules for Living (not Aging.). I've purchased copies for both my kids and will leave them in the file with my will. Yes, it's that good.

Acclaimed and beloved prize-winning essayist Roger Rosenblatt has commented on most of the trends and events of our time. His columns in Time magazine and his commentaries on PBS's News Hour with Jim Lehrer have made him a household word and a trusted friend of millions. With a wry sense of humor and inimitable wit, Rosenblatt offers here guidelines for aging that are both easy to understand and, more importantly, easy to implement. More and more in the news today, we are hearing about phenomenal advances in the "fight against aging." But what Rosenblatt suggests to combat age is far more valuable than any scientific breakthrough—he breaks down the hardest part of aging, the mental anguish of growing older with fifty-four gems of funny, brilliant, wise, indispensable advice. A book to savor, a book to keep, and a book for all ages. This little guide is intended for people who wish to age successfully, or at all. . . . One may think of this work as a how-to book, akin to many health guides published these days, whose purpose is to prolong our lives and make them richer. That is the aim of my book, too. —from the Introduction And this is just the start of Roger Rosenblatt's charming and thought-provoking guide to surviving the episodes that shamelessly shave years off of our lives. With a wry sense of humor and peerless wit, Rules for Aging provides guidance that is, hands down, the most practical, pleasurable and, most importantly, painless advice you'll ever receive. As Rosenblatt writes, "When I urge you to refrain from a certain thought or course of action, I do not mean to suggest that you are in any way wrong if you do the opposite. I mean only to say that you will suffer." Rule #1: It doesn't matter Whatever you think matters—doesn't. Follow this rule, and it will add decades to your life. It does not matter if you are late, or early; if you are here, or if you are there; if you said it, or did not say it; if you were clever, or if you were stupid; if you are having a bad hair day, or a no hair day; if your boss looks at you cockeyed; if your girlfriend or boyfriend looks at you cockeyed; if you don't get that promotion, or prize, or house, or if you do. It doesn't matter.

.com What? A how-to-make-your-life-better-book with more than the ubiquitous seven ways of doing so? In Rules for Aging: Resist Normal Impulses, Live Longer, Attain Perfection, acclaimed essayist and NewsHour with Jim Lehrer regular contributor Roger Rosenblatt boldly offers up a whopping 56 rules for wisely navigating life into your golden years. Rosenblatt describes the short book (only 140 pages), which began with a column he wrote for Modern Maturity, as a "little guide intended for people who wish to age successfully, or at all." He adds that "growing older is

as much an art as it is a science, and it requires fewer things to do than not to do." Ranging from the fatalistic (rule 1: "It doesn't matter") to the highly practical (rule 26: "Never go to a cocktail party and, in any case, do not stay more than 20 minutes"), rule 2 best illustrates the tone for much of what follows ("Nobody is thinking about you"): Yes, I know, you are certain that your friends are becoming your enemies; that your grocer, garbage man, clergyman, sister-in-law, and your dog are all of the opinion that you have put on weight, that you have lost your touch, that you have lost your mind; furthermore, you are convinced that everyone spends two-thirds of every day commenting on your disintegration, denigrating your work, plotting your assassination. I promise you: Nobody is thinking about you. They are thinking about themselves--just like you. Other notables include "Let bad enough alone" (rule 3), "Stay clear of anyone--other than a clergyman--who refers to God more than once in an hour" (rule 8), "Do not attempt to improve anyone, especially when you know it will help" (rule 29), "The unexamined life lasts longer" (rule 40), "Change no more than one-eighth of your life at a time" (rule 48), and "The game is played away from the ball" (rule 55). Nowhere will you find talk of antioxidants or exercise or anything resembling a detox program. Rosenblatt is no health nut, and there is already plenty of material available on that. What you will encounter instead is a gifted writer clearly enjoying his craft, making this slim volume a welcome poke at and departure from the more predictable antiaging fare. --Patrick Jennings

From Library Journal
A multiple-award-winning essayist/ journalist who is currently editor-at-large at Time, Rosenblatt offers sage bits of advice in this nice, neat package. Our favorite: Whatever you think matters, doesn't.

Copyright 2000 Reed Business Information, Inc. "A hilarious guide to life . . . Bottom Line: Laughter and wisdom."- People
"More applicable and more hilarious than Morrie's. Really."-Detroit Free Press
"A humorous, thinking man's self-help book. It is written as a guide for those in the younger generation who want to learn from the mistakes of their elders."-Newsday