



Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age

Jo Ann Jenkins

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“Jo Ann Jenkins’s *Disrupt Aging* is spot-on: every single year is a gift. By confronting the most common stereotypes about aging, this book will help us all live each year to the fullest.” —Sheryl Sandberg, COO of Facebook and founder of LeanIn.Org

We’ve all seen the ads on TV and in magazines—“50 is the new 30!” or “60 is the new 40!” A nice sentiment to be sure, but CEO of AARP Jo Ann Jenkins disagrees. 50 is 50, and she, for one, likes the look of it.

In *Disrupt Aging*, Jenkins focuses on three core areas—health, wealth, and self—to show us how to embrace opportunities and change the way we look at getting older. Here, she chronicles her own journey and that of others who are making their mark as disruptors to show readers how we can be active, healthy, and happy as we get older. Through this powerful and engaging narrative, she touches on all the important issues facing people 50+ today, from caregiving and mindful living to building age-friendly communities and making our money last.

This is a book for all the makers and doers who have a desire to continue exploring possibilities, to celebrate discovery over decline, and to seek out opportunities to live the best life there is.

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