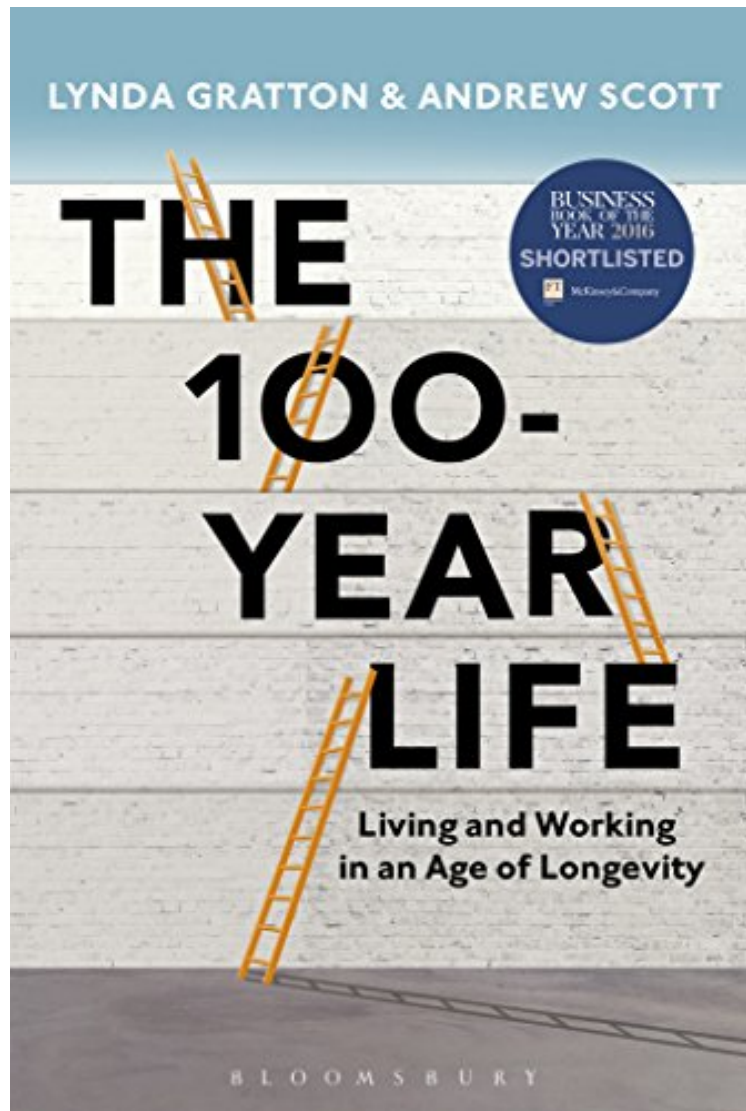


[Free] The 100-Year Life: Living and Working in an Age of Longevity

## The 100-Year Life: Living and Working in an Age of Longevity

Lynda Gratton, Andrew Scott

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Lynda Gratton, Andrew Scott : **The 100-Year Life: Living and Working in an Age of Longevity** before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The 100-Year Life: Living and Working in an Age of Longevity*:

1 of 1 people found the following review helpful. A "must read" for almost everyone! By Andrew Ward 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. 1 of 1 people found the following review helpful. Excellent read, great research and facts  
By Customer  
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.. 0 of 0 people found the following review helpful. Five Stars  
By Darwin Parra  
Thought provoking and very well argued.

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.

"Brilliant, timely, original, well written and utterly terrifying." - Niall Ferguson, Laurence A. Tisch Professor of History, Harvard University  
"A fascinating and thought-provoking book; a brilliant read for individuals, but should be mandatory reading for our politicians." - Shirley Cramer CBE, Chief Executive Officer, Royal Society for Public Health  
"This timely, important, easy-to-read and intriguing book will make you pause and think, as well as better plan your life; Gratton and Scott's book is a wake-up call for individuals, organizations, governments and societies." - Boris Groysberg, Professor of Business Administration, Harvard Business School  
"The authors understand implicitly that not only is the world as we know it changing beyond all recognition, but the way we lead our lives too. This book could not be more timely or necessary." - Julia Hobsbawm, Founder and CEO, Editorial Intelligence Ltd, and Honorary Visiting professor in Networking, Cass Business School  
"This playfully original book makes a compelling case that as our lives become longer and healthier, the future might just be very, very different from what we have known until now." - Daron Acemoglu, Elizabeth and James Killian Professor of Economics, Massachusetts Institute of Technology  
"[This] wonderful new book prepares us for the possibilities of this brave new world of longevity, and teaches us what it will take to thrive in it." - Professor Herminia Ibarra, INSEAD  
"Too many books bemoan the economic problems facing ageing societies. This splendid book is quite different; it should be read by anyone who wants to understand how life chances and choices will be transformed in a world where living beyond 100 will become the norm." - Lord Adair Turner, Senior research Fellow of the Institute for new Economic Thinking, and previously Chairman of the UK Pensions Commission  
"To understand how and why things might change, there can be nowhere better to start than with the fascinating *The 100-Year Life*." - Baroness Alison Wolf, Sir Roy Griffiths Professor of Public Sector Management at Kings' College, London  
About the Author  
Lynda Gratton is a Professor of Management Practice at London Business School, where she directs the program 'Human Resource Strategy in Transforming Companies' - considered the world's leading program on human resources. Andrew Scott is Deputy Dean and Professor of Economics at London Business School, a Fellow of All Souls, Oxford University and the Centre for Economic Policy Research. He has previously been an advisor to HM Treasury, Bank of England and House of Commons.