30 Lessons for Living
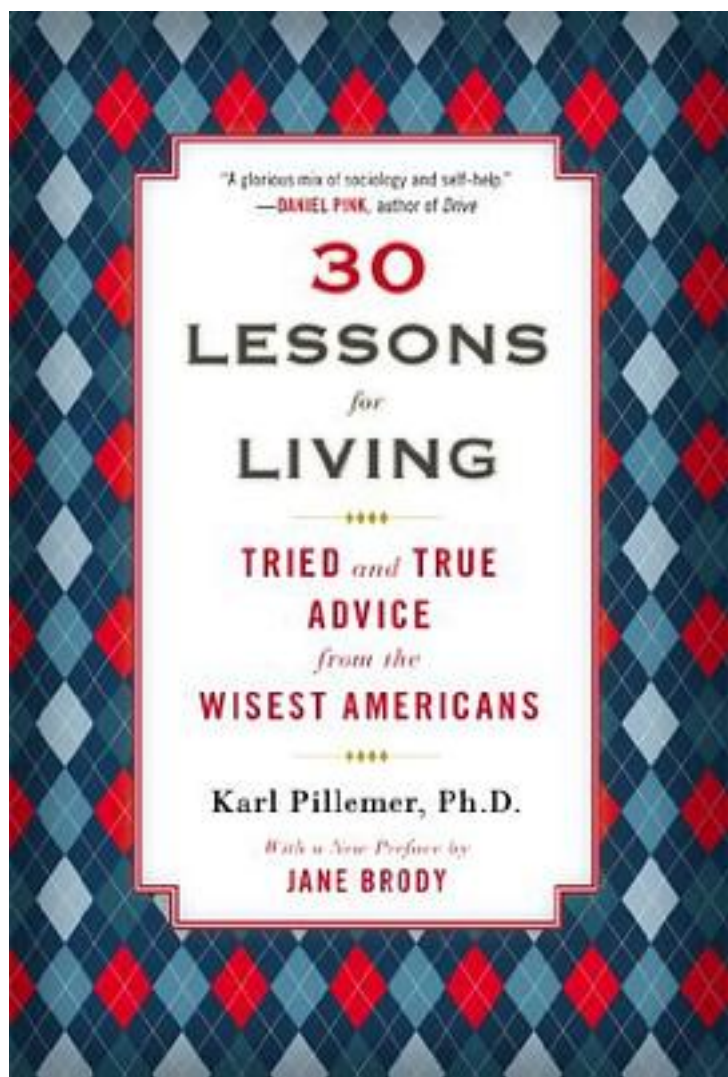
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After a chance encounter with an extraordinary ninety-year-old woman, renowned gerontologist Karl Pillemer began to wonder what older people know about life that the rest of us don't. His quest led him to interview more than one thousand Americans over the age of sixty-five to seek their counsel on all the big issues- children, marriage, money, career, aging. Their moving stories and uncompromisingly honest answers often surprised him. And he found that he consistently heard advice that pointed to these thirty lessons for living. Here he weaves their personal recollections of difficulties overcome and lives well lived into a timeless book filled with the hard-won advice these older Americans wish someone had given them when they were young.

作者介绍:

Karl Pillemer is a professor of human development at Cornell University and Professor of Gerontology in Medicine at the Weill Cornell Medical College. An internationally renowned gerontologist, his research examines how people develop and change throughout their lives. He has authored five books and over 100 scientific publications, and speaks throughout the world on aging-related issues.

After a chance encounter with a remarkable 90-year old woman, Dr. Pillemer decided to find out what older people know about life that the rest of us don't. His quest led him to ask more than a thousand older Americans their advice for living. He asked about all the big issues - love, marriage, children, work, happiness, avoiding regrets. This 6-year project led to the book: 30 Lessons for Living: Tried and True Advice from the Wisest Americans, published in November 2011. More information on the project can be found at http://legacyproject.human.cornell.edu/.

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标签

社会学

积极心理学

求职

心理学

幸福人生

人生经验

人生智慧

评论

理念是一点不错的，而且我本身也非常喜欢和自己的爷爷辈聊天。他们确实都是由大智慧的人。可是这样的书?似乎既没有新东西也没有更深的洞见

康奈尔大学社会学家、老年病学专家Karl Pillemer
教授带领科研团队历时五年，访谈调查千多位65岁以上的老人的婚姻状况，心理健康，对人生的感悟后，集合大量案例与研究成果写成的专著。
刚读完第一和第二章"幸福婚姻课"，Lessons for a Happy Marriage.
书中千位走过银婚、金婚的老人对如何守护家庭、如何经营婚姻的分享，让我受益匪浅。读书笔记进行中..... 已开始第三章，"带来成就感和满足感的成功事业--
以愉悦的心情迎接每一天"。Lessons for a Successful and Fulfilling Career.

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