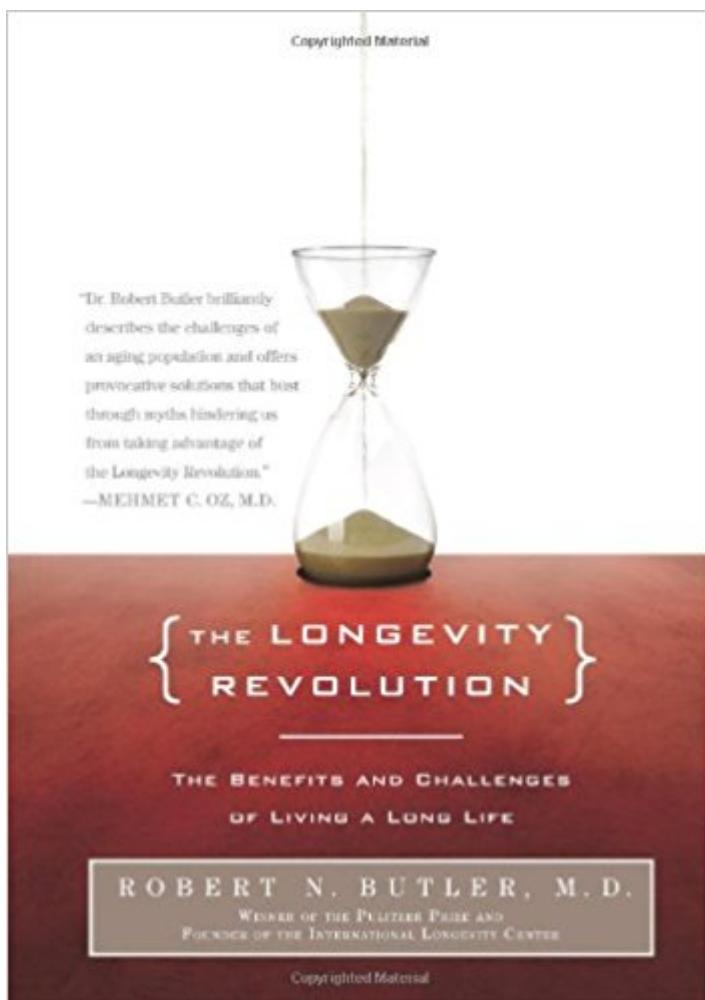


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# The Longevity Revolution: The Benefits And Challenges Of Living A Long Life



## **Synopsis**

Pulitzer-prize winning author Dr. Robert Butler coined the term "ageism" and made "Alzheimer's" a familiar word. Now he brings his formidable knowledge and experience in aging issues to a recent and unprecedented achievement: the extension of human life expectancy by thirty years. As Butler shows, our society had not yet adapted to this change. The U.S. has not made a research investment in aging. Only eleven medical schools out of 145 have geriatrics departments compared to England where geriatrics is the number two specialty. We have not solidified private pension plans or strengthened Social Security to ensure that people do not outlive their resources. In this urgent and ultimately optimistic book, Dr. Butler shows why and how we must re-examine our personal and societal approach to aging right now, so that the boomers and the generations that follow may have a financially secure, vigorous, and healthy final chapter life.

## **Book Information**

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## **Customer Reviews**

There is probably no one who knows more about aging than Butler, who coined the term ageism, and founded the federal National Institute on Aging and the first medical school department of geriatrics. Winner of a Pulitzer for Why Survive? Butler now examines the health, economic and social consequences of the growing elderly population. Increasing longevity brings a host of challenges, such as finding better (and cheaper) treatments for chronic health problems; building a health-care system capable of handling the load; and legal protection against age discrimination. Many of Butler's topics overlap with family and women's issues, whether creating a fair elder-care

system or strengthening profamily work policies. The author supplies plenty of hard data and lengthy notes. Although his discussions of Alzheimer's and various theories of aging are too technical for the average reader, most of his points are clear and concise, and quite optimistic; for example, Butler urges the need to reinvent ourselves to stay in the workforce. He presents a strong argument for why everyone, from individuals to doctors, marketers and policy makers, should pay far more attention to the growing elderly population worldwide. (Mar.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

New England Journal of Medicineâ œThis book has the potential to change the future of this country for the betterâ |â •Â Journal of American Medicine Association , January 7, 2009â œRobert Butler must be counted as one of the princes of geriatric medicine in the United States. He has led a long and industrious career as physician, educator, medical civil servant, and, above all, champion of the elderlyâ | Butlerâ ™s book offers a clear critique of the present gerontological situation as well as some perceptive solutions.â •

Dr. Butler's book captures the historic and current issues on living and longevity. Each of the 21 chapters is filled with facts and poignant opinions on relevant issues on living longer. An interesting fact that 72% of people over the age of 55 votes regularly and the growth of AARP should impact (but not) in the elections. The comprehensive and concise feature of the longevity revolution is a must read for all, from high school students to those in retirement.

I like it, the book. I thought it would be big like an encyclopedia. My imagination deceived me. Great pocket book.

Barely filled-out bullet-points from what appear to be powerpoint presentations compete with redundant sentences and paragraphs to produce a mine-numbing plea for putting more money into government research on aging and how to prevent it, where possible. The cited material needed updating badly, the long asides could have been moved to end notes or appendices, and the obvious could have been deleted. This might have made a shorter book, but it would have been much easier to comprehend. Focus more, scattershot less would be my recommendation. On the positive side, certain information was interesting, especially for someone moving into their sixth or seventh decades,. Regrettably, those few gems were obscured greatly by the blur of factoids that were also pushed forward.

Robert Butler is THE most prestigious and vocal advocate on aging in the world. His contributions to gerontology are without comparison. Now he has written an academic book on longevity that contributes to the subject and informs the reader of studies, status of the subject, and data that has not been available prior to this publication. His unique and professional opinions are invaluable and provide the curious as well as the professional with material that is new as well as important. This is a major contribution to the understanding of longevity in a relatively sparse field.

Dr. Bob Butler's Longevity Revolution is truly a masterful piece of work. No individual has done more, here in the US - or throughout the world - to raise awareness of the challenges and opportunities, the fears and hopes of our longer lives. Serving as both physician and philosopher, Dr. Butler brilliantly charts the landscape of an increasingly longer-lived 21st century.

I was looking forward to reading this book, after glancing at the cover. I expected a thorough review of cutting edge biotechnology advances, and a thoughtful discussion of what society will look like in the coming decades as our society ages. There was a little of that, but far too little. A lot of the book was eye-glazing dull facts that have little to do with the "longevity revolution"...the author veers into discussions of childhood obesity and the history of urbanization, among many other things. The worst part about this book, though, was its blatant political tilt. The author embraces European-style socialism. Rarely a page goes by where he is not advocating a larger welfare state, more nanny state programs, more regulation, more government meddling of every kind. One could easily get the impression that the purpose of this book isn't to inform the reader, but rather to persuade the reader to vote for politicians who agree with the author. Just flip forward to pages 318-320, where the author lists his preferred "political activist agenda for aging and longevity". Every one of these proposals, without exception, would increase the size and power of government. That's what this book is all about. If you want to learn fascinating facts about the promise of biotech, look elsewhere...there are plenty of books that can deliver that, without haranguing you with demands that your freedom be curtailed and your taxes raised.

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