

Recommended Books for the AROHE 20th year Celebration

Helen Dennis

[“Ageism Unmasked: Exploring Age Bias and How to End it” by Tracey Gendron, \(Steerforth Press, 2022\)](#)

[“Breaking the Code: How Your Beliefs About Aging Determine How Long & Well You Will Live” by Becca Levy \(William Morrow, 2022\).](#)

“Don’t Retire, Rewire! By Jeri Sedlar and Rick Miners (Alpha, 2018).

“Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life by Louise Aronson (Bloomsbury Publishing, 2019).

“How to Live Forever: The Enduring Power of Connecting the Generations” by Marc Freedman (PublicAffairs, 2019).

“Project Renewment: The First Retirement Model for Career Women by Bernice Bratter and Helen Dennis (Scribner, 2008, 2013 pb).

“The Inner Work of Age: Shifting form Role to Soul” by Connie Zweig (Parker Street Press, 2021).

“Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder” (Harmony, 2015).

[“The Upside of Aging: How Long Life is Changing the World of Health, Work, Innovation, Policy & Purpose” by Paul Irving \(Wiley, 2014\).](#)

[“This Chair Rocks: A Manifesto Against Ageism” \(Caledon, 2019\).](#)

“What Retirees Want: A Holistic View of Life’s Third Age by Ken Dychtwald and Robert Morison (Wiley, 2020).

“Who Do You Want to Be When You Grow Old? The Path of Purposeful Aging” by Richard J. Leider and David A. Shapiro (Berrett-Koehler Publishers, Inc., 2021).

“Wisdom @ Work: The Making of a Modern Elder by Chip Conley (Currency, 2018).