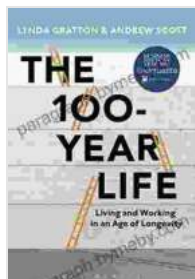


# Living and Working in an Age of Longevity: The Ultimate Guide to Thriving in the Future



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

★★★★☆ 4.5 out of 5

Language : English  
File size : 1479 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 365 pages



## Are you ready for the future of work and longevity?

The world is rapidly aging. By 2050, there will be more people over the age of 65 than under the age of 18. This demographic shift is having a profound impact on our societies and economies.

One of the most significant challenges we face is how to ensure that people can continue to live and work fulfilling lives as they age. This requires a fundamental rethink of our current systems and institutions.

In his groundbreaking book, *Living and Working in an Age of Longevity*, Dr. Marc Freedman provides a comprehensive roadmap for navigating the challenges and opportunities of an aging population and extended careers.

Drawing on the latest research and insights from a wide range of experts, Freedman offers essential strategies for:

- **Planning for a longer life**
- **Finding meaningful work in later life**
- **Staying healthy and active as you age**
- **Rethinking retirement**
- **Creating a more age-friendly world**

*Living and Working in an Age of Longevity* is an essential read for anyone who wants to thrive in the future of work and longevity. It is a book that will change the way you think about aging and the future.

### **What You'll Learn from *Living and Working in an Age of Longevity***

In this book, you will learn:

- The latest trends in longevity and their implications for our society and economy
- How to plan for a longer life, both financially and emotionally
- The challenges and opportunities of finding meaningful work in later life
- How to stay healthy and active as you age
- The importance of creating a more age-friendly world

*Living and Working in an Age of Longevity* is a book that will help you prepare for the future and live a long, healthy, and productive life.

## Free Download Your Copy Today

Don't wait to Free Download your copy of *Living and Working in an Age of Longevity*. This book is an essential resource for anyone who wants to thrive in the future of work and longevity.

**Click here to Free Download your copy today!**

## Praise for *Living and Working in an Age of Longevity*

"*Living and Working in an Age of Longevity* is a must-read for anyone who wants to understand the future of work and longevity. Dr. Freedman provides a comprehensive roadmap for navigating the challenges and opportunities of an aging population and extended careers." - **Laura Carstensen, PhD, Professor of Psychology, Stanford University**

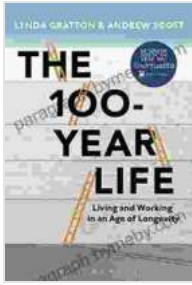
"Dr. Freedman has written a timely and important book about the future of work and longevity. He offers essential insights and strategies for anyone who wants to thrive in this rapidly changing world." - **David Autor, PhD, Professor of Economics, Massachusetts Institute of Technology**

"*Living and Working in an Age of Longevity* is a thought-provoking and inspiring book. Dr. Freedman provides a wealth of information and insights that will help you prepare for the future and live a long, healthy, and productive life." - **Andrew Scott, PhD, Director, Global Coalition on Aging**

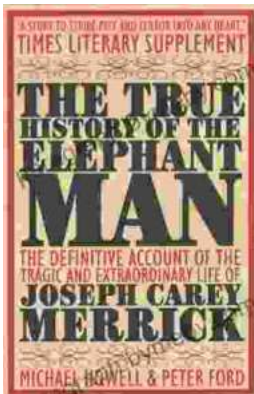
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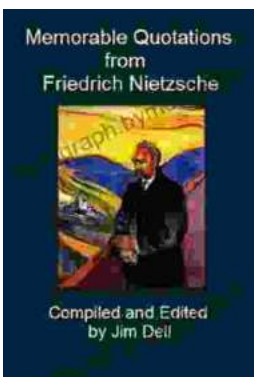


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