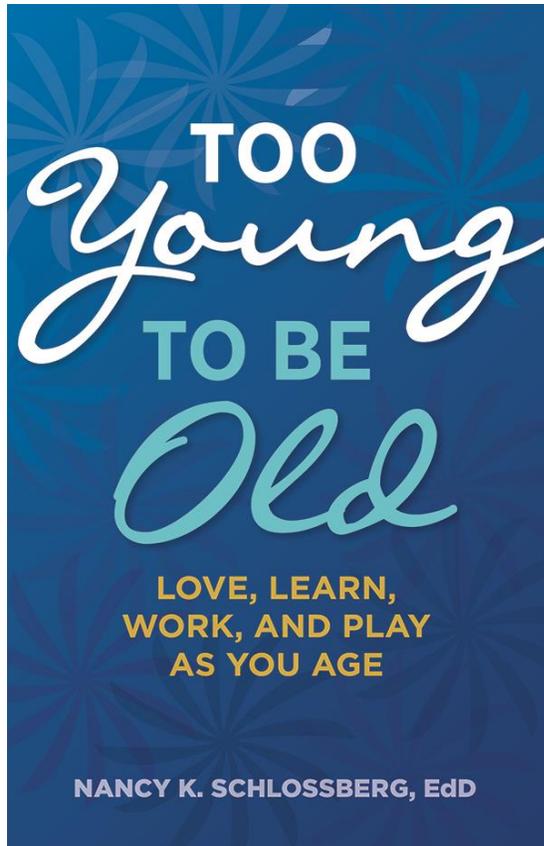


Coming Soon—Positive Aging Guide from Retirement Expert Nancy K. Schlossberg

TOO YOUNG TO BE OLD

Love, Learn, Work, and Play as You Age

By Nancy K. Schlossberg, EdD



As the Baby Boomer generation reaches retirement age, the number of Americans ages 55 and older is growing dramatically. The question on our minds is: *How do I age well?* In this accessible and upbeat book, Nancy K. Schlossberg builds on the concepts she pioneered in her smash hits *Retire Smart*, *Retire Happy* and *Revitalizing Retirement* with an engaging take on positive aging.

Schlossberg uses personal stories of widowhood and romance along with her professional experience to look at aging through the lens of Positive Psychology. By taking a broad and comprehensive view on aging issues combined with an approachable discussion on psychological theories, this title will help teach readers the principles of aging well, including:

- Resolving your love-hate relationship with aging
- Addressing and dealing with ageism
- Embracing change
- Diversifying your coping skills
- Creating your retirement fantasy
- Coping with health challenges
- Understanding your family transitions
- Handling intimacy and romance

There has been a shift in how we think about aging. Beginning with the basic issues—health, finances, and relationships—readers will learn to think about and develop a deliberate plan to navigate transitions and age happily.

APA LifeTools—an imprint of the American Psychological Association

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About the Author:

Nancy K. Schlossberg is professor emerita of Counseling and Personnel Services at the University of Maryland. She previously served on the faculties of Wayne State University, Howard University, and Pratt Institute. She was the first woman executive at the American Council of Education (ACE) where she established the Office of Women in Higher Education (1973). She later served as a Senior Fellow at ACE's Center on Adult Learning.

In addition to publishing nine books which include the bestsellers *Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose* and *Retire Smart, Retire Happy: Finding Your True Path*, Schlossberg has delivered more than 100 keynote addresses and has been quoted in publications such as *USA Today*, *New York Times*, *Wall Street Journal*, *Sarasota Herald Tribune*, *Reader's Digest*, *Family Circle*, *Better Homes and Gardens*, *U.S. News and World*, and *Consumer Reports*. She was featured in a 90-minute PBS Pledge Special (June, 2007, "Retire Smart, Retire Happy").

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