



30 Lessons for Living: Tried and True Advice from the Wisest Americans

Karl Pillemer Ph.D.

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After a chance encounter with a remarkable ninety-year-old woman, renowned gerontologist Karl Pillemer decided to find out what older people know about life that the rest of us don't. His quest led him to speak with a thousand Americans over the age of sixty-five—many of whom can remember the Depression and World War II. While some of their tales reaffirmed timeless wisdom, others surprised Pillemer with the unexpected. Now with a new preface by Jane Brody, *30 Lessons for Living* distills their moving stories and hard-won advice. To learn how to live without regret, persevere through hard times, find fulfillment, and age fearlessly and well, there is no one better to ask than the people who have done it themselves.

This beautiful paperback edition features deckled edges and french flaps -- a perfect gift for any occasion.

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