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Sommario/riassunto

"The fears of aging have been one long cascading domino effect through the years: twenty year-olds dread thirty; forty year-olds fear fifty; sixty fears seventy, and so it goes. And there is something to worry about, though it isn't what you'd expect: research shows that having a bad attitude toward aging when we're young is associated with poorer health when we're older. These worries tend to peak in midlife; but in *Lighter as We Go*, Mindy Greenstein and Jimmie Holland show us that, contrary to common wisdom, our sense of well-being actually increases with our age--often even in the presence of illness or disability. For the first time, Greenstein and Holland--on a joint venture between an 85 year-old and a fifty year-old--explore positive psychology concepts of character strengths and virtues to unveil how and why, through the course of a lifetime, we learn who we are as we go. Drawing from the authors' own personal, intergenerational friendship, as well as a broad array of research from many different areas--including social psychology, anthropology, neuroscience, humanities, psychiatry, and gerontology--*Lighter as We Go* introduces compassion, justice, community, and culture to help calm our cascading fears of aging"--

"Contrary to common wisdom and the fears of mid-lifers, our sense of well-being actually goes up in older age, even in the presence of illness or disability. *Lighter as We Go* is the first book to explore how and why that is, drawing on positive psychology concepts of character strengths and virtues"--
