



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

By Karl Pillemer Ph.D.

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“Heartfelt and ever-endearing—equal parts information and inspiration. This is a book to keep by your bedside and return to often.”—Amy Dickinson, nationally syndicated advice columnist "Ask Amy"

More than one thousand extraordinary Americans share their stories and the wisdom they have gained on living, loving, and finding happiness.

After a chance encounter with an extraordinary ninety-year-old woman, renowned gerontologist Karl Pillemer began to wonder what older people know about life that the rest of us don't.

His quest led him to interview more than one thousand Americans over the age of sixty-five to seek their counsel on all the big issues: children, marriage, money, career, aging. Their moving stories and uncompromisingly honest answers often surprised him. And he found that he consistently heard advice that pointed to these thirty lessons for living. Here he weaves their personal recollections of difficulties overcome and lives well lived into a timeless book filled with the hard-won advice these older Americans wish someone had given them when they were young.

Like *This I Believe*, StoryCorps's *Listening Is an Act of Love*, and *Tuesdays with Morrie*, *30 Lessons for Living* is a book to keep and to give. Offering clear advice toward a more fulfilling life, it is as useful as it is inspiring.

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Editorial Review

Review

As he dispenses concrete, practical advice on how to make the most of our lives, Cornell gerontologist Pillemer turns for answers to our elders. Giving familiar advice a new spin by mining the rich resource of older Americans, Pillemer offers a refreshing, smart wakeup call about getting your priorities straight and living right. (*Publishers Weekly*)

"Thank you, Dr. Pillemer, for gathering all this wisdom in one book before it is lost. I can't imagine anyone whose life will not be enriched by this book."

--Rabbi Harold Kushner, author of *When Bad Things Happen to Good People*

"The 'Wisest Americans' have a lot to teach the rest of us. Some of this advice is refreshing common sense. Much of it is truly surprising. It is always heartfelt and ever-endearing - equal parts information and inspiration. This is a book to keep by your bedside and return to often."

--Amy Dickinson, nationally syndicated advice columnist "Ask Amy"

"This is a fabulous book! Karl Pillemer has done an incredible job of bringing together the collective wisdom of hundreds of Americans into an entertaining, thought provoking, and practical book. Give it a read. You will find yourself getting out of bed in the morning with new enthusiasm."

--Matthew Kelly, author of *The Rhythm of Life* and *Off Balance*

"*30 lessons for Living* is an absolute gem! Thank you Karl Pillemer for taking the time to collect such a valuable trove of wisdom, and for sharing it with us in such a readable book. It's one that I'll recommend often. All of it is wonderful, but I particularly appreciated the lessons on honesty and saying yes to opportunities. Read this book - you'll get more out of life and have fewer regrets."

--Hal Urban, author of *Life's Greatest Lessons*

"If you want to hear the wisdom of the aged, this easy-to-read book, based on years of penetrating interviews by a prominent sociologist, tells you what they have learned about love, work, marriage, and parenting."

--Howard S. Friedman, Ph.D. & Leslie R. Martin, Ph.D., authors of *The Longevity Project*

"For five years, Karl Pillemer sat down with more than 1,000 older Americans-most of them between the ages of 70 and 100-to talk about lessons for living well. In the resulting book, *30 Lessons for Living: Tried and True Advice From the Wisest Americans*,... Pillemer, a gerontologist at Cornell, has culled 30 life lessons from his "experts," ranging from the practical to the profound. How to raise children? How to think about dying? Think of this book as 1,000 borrowed grandparents weighing in on life's various challenges. A salty pragmatism runs throughout."

--*The Daily Beast*

"The author skillfully weaves a prevailing theme (e.g., parenting, aging fearlessly) with self-disclosing statements from interviewees to create a compelling, inspirational book."

-Library Journal (starred; one of the "Top Self-Help Books of 2011")

About the Author

Karl Pillemer, PhD, is the founder and director of the Cornell Institute for Translational Research on Aging, a center that works to increase public awareness of aging research. Dr. Pillemer has authored more than one hundred scientific publications, and has spoken widely throughout the world on issues of successful aging, family relationships, and elder care.

Users Review

From reader reviews:

Marcy Ontiveros:

This 30 Lessons for Living: Tried and True Advice from the Wisest Americans usually are reliable for you who want to become a successful person, why. The key reason why of this 30 Lessons for Living: Tried and True Advice from the Wisest Americans can be one of many great books you must have is usually giving you more than just simple examining food but feed a person with information that probably will shock your preceding knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions at e-book and printed versions. Beside that this 30 Lessons for Living: Tried and True Advice from the Wisest Americans giving you an enormous of experience for instance rich vocabulary, giving you demo of critical thinking that we realize it useful in your day pastime. So , let's have it and enjoy reading.

Sharon Hollars:

The e-book untitled 30 Lessons for Living: Tried and True Advice from the Wisest Americans is the book that recommended to you to study. You can see the quality of the book content that will be shown to a person. The language that publisher use to explained their way of doing something is easily to understand. The article writer was did a lot of analysis when write the book, hence the information that they share to you personally is absolutely accurate. You also can get the e-book of 30 Lessons for Living: Tried and True Advice from the Wisest Americans from the publisher to make you a lot more enjoy free time.

Nathan Ramsey:

Reading can called head hangout, why? Because while you are reading a book specifically book entitled 30 Lessons for Living: Tried and True Advice from the Wisest Americans the mind will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely will become your mind friends. Imaging every word written in a book then become one web form conclusion and explanation in which maybe you never get previous to. The 30 Lessons for Living: Tried and True Advice from the Wisest Americans giving you a different experience more than blown away your brain but also giving you useful details for your better life in this era. So now let us show you the relaxing pattern the following is your body and mind will probably be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

Gretchen Meehan:

Are you kind of busy person, only have 10 or perhaps 15 minute in your day to upgrading your mind proficiency or thinking skill also analytical thinking? Then you have problem with the book as compared to can satisfy your short time to read it because this all time you only find reserve that need more time to be read. 30 Lessons for Living: Tried and True Advice from the Wisest Americans can be your answer as it can be read by you actually who have those short free time problems.

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