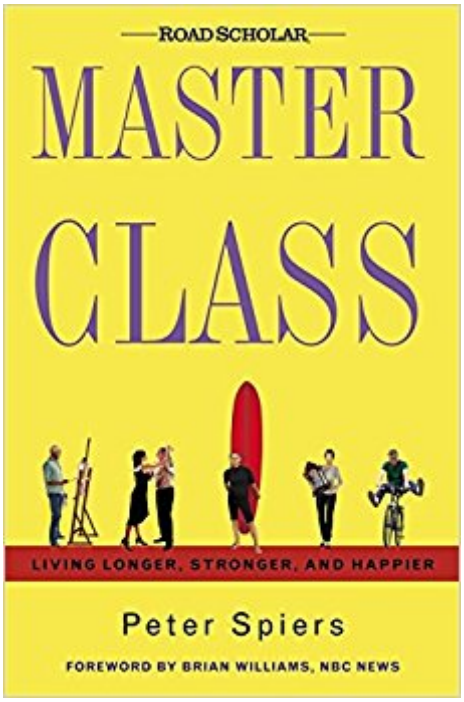
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Master Class: Living Longer, Stronger, And Happier



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Synopsis

They can be seen in communities throughout the country-- those amazingly hale, hearty, and happy older folks who are having fun, have a million friends, are sharp as tacks, and look like they'll live forever. Their secret-- revealed and explained in MASTER CLASS-- is an active lifestyle that blends moving, thinking, socializing and creating.Through inspirational stories from active seniors, supported by the latest research in the fields of psychology and neuro-science, MASTER CLASS shows how to build an enriching lifestyle on the foundation of favorite activities. Author Peter Spiers, Senior Vice President of Road Scholar, the top-notch life-long learning organization, provides easy-to-follow charts that allow readers to break out of their daily routines into Moving/Thinking/Socializing/Creating. By filling the gaps with a selection from 25 "Master Activities," such as learning a musical instrument, playing tennis, volunteering and more, they'll create a happy, holistic, brain-healthy lifestyle that's rich and meaningful.

Book Information

Hardcover: 336 pages

Publisher: Center Street (June 26, 2012)

Language: English

ISBN-10: 0892968915

ISBN-13: 978-0892968916

Product Dimensions: 6.5 x 1.2 x 9.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 3.9 out of 5 stars 22 customer reviews

Best Sellers Rank: #1,067,423 in Books (See Top 100 in Books) #74 inÃ Â Books > Health, Fitness & Dieting > Aging > Exercise #548 inÃ Â Books > Politics & Social Sciences > Social Sciences > Gerontology #10606 inÃ Â Books > Self-Help > Motivational

Customer Reviews

"...An inspiring resource." --- > "Peter Spiers's new book MASTER CLASS is a wonderful exploration of the journey to be traveled by the Baby Boom Generation, the 76 million of us who are awakening to a wonderful opportunity of self-discovery. The book is filled with personal stories, tools, and practical advice on how to live all life to the fullest, how to remain engaged and a lifelong learner, and to make the right choices for successful aging. As one whose career is dedicated to educating the public on the miracle of the human brain and how to promote brain health across the lifespan, I recommend MASTER CLASS and salute Peter on a moving contribution."---Paul D.

Nussbaum, Ph.D., author of Save Your Brain: The 5 Things You Must Do to Keep Your Brain Young and Sharp"Legions of Baby Boomers, if they take command of their lives, can experience unprecedented satisfaction and longevity in retirement. MASTER CLASS will show them the way."---Ken Dychtwald, Ph.D., author of A New Purpose: Redefining Money, Family, Work, Retirement and Success"MASTER CLASS is the consummate how-to guide for every baby boomer and beyond to mold their vision of positive aging into reality. Step-by-step it provides a practical and concise road map to achieving optimal personal growth and well-being as we age."---Marc E. Agronin, M.D., author of How We Age: A Doctor's Journey into the Heart of Growing Old

Peter Spiers is Senior Vice President at Boston-based not-for-profit Road Scholar where he is responsible for strategic planning, marketing and communications, and research. Prior to joining Road Scholar, he worked for 17 years at Rodale, Inc. as publisher, group publisher, and vice president for strategic planning.He is a graduate of Harvard College, the London School of Economics, and the Tuck School of Business Administration at Dartmouth. He is the co-author of "The Group House Handbook" (Acropolis, 1982) and editor of "The Elderhostel Odyssey" (Elderhostel, 2005).

Terrific book!I'm 58. A few months ago I realized that my daily routine had become way too comfortable and, well, easy. I have a good job that I'm good at. I swim, do yoga or run every day. On weekends I garden, do projects and invite the kids over for Sunday dinner. I love my wife and we are very happy.I also wake up every morning with aches, pains and stiffness. I have a fairly short list of things I like to do and I feel I'm losing my mental edge. I'd just as soon walk away from a political argument than join it, and I give up on the extra hard Sudokus way too quickly.I'm thinking it's time to shake things up a bit, so I headed over to to search for ideas Turns out there are tons of books related to this. I found books on the aging brain, improving mental activity, and memory, books on improving the social life of empty nesters, books on middle aged "safe" exercise, books on" Happiness Theory" (really?), books on the importance of spirituality, and on and on.As I browsed , I realized that my real question was one of balance. Is there any guidance as to how much time I should be spending doing exercise, vs. Socializing, vs. challenging my mind, vs. spending time with family etc? Is there a recommended balance of activities that will properly exercise and stimulate my mind, body and spirit?Ultimately my browsing brought me to this book. It had just been published and there were no reviews but I bought it anyway based on the description. I just finished reading it and started to put its suggestions into daily practice. (learning Japanese and joining a choir).This is

not a guru book filled with philosophy and feel-goodisms (although some Gurus are reviewed). This is a book full of concrete advice and exercises that promote a "hosistic blending of socializing, moving, thinking and creating".The prose is clear and straightforward. All in all, it’s an excellent and fun read that you will likely find yourself going back to many times.

This is a great book if you live in the United States. I say this because much of the information pertaining to the activities contained in this book are places only found there. Saying that, the reader gets the general idea of substituting these places with one’s own local places but the problem with that is actually knowing where these places are. That was half of the attraction that someone had already done the ground work for you. We all know when we get older that we need to involve ourselves with more activities etc but when you don’t socialise as much this is a problem. What I do really like about this book is that it encourages people to invest time into a balanced lifestyle and it is this balanced message which I think will resonate with many people.

This book was very good in inspiring me into an active retirement phase my life. Retirement is the a phase that most people only go into once in their life and this book provides guidance into unexplored activities. Like surviving in the corporate world, it’s best to have guidance from colleagues and friends or from a book to start. Same goes for surviving retirement.

I am slowly reading your words having been diagnosed with MS 5 years ago. Within 18 months, I went from a cane, to 3 walkers, a wheelchair, scooter, and hopefully this great battery operated wheelchair.Yes,we do lose family and friends, but new friends and great books add SO MUCH!

All the advice in this book is good, but the program is a bit too regimented for me. It also does not take into account that some of us are introverts and that, although some socializing is vital to them, it would actually spoil some of these activities. Spontaneous activities are pretty much left out, and that is unfortunate as well. But overall, it is a plan for a more balanced life in retirement.

I would buy the paperback version if I were redoing my purchase - for the book to truly be effective, you need to fill in the charts and ratings - depending upon the format of a paperback it would be easier. A spiral bound edition would be perfect.

Great inspiration for retired folks - wonderful resource for those just transitioning from career to

retired - !

This book is an excellent introduction or a booster to one’s interest in a wonderful organization - ROAD SCHOLAR! I have been on over a dozen of their programs, and I will probably never go on a trip through another organzation in the future.

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