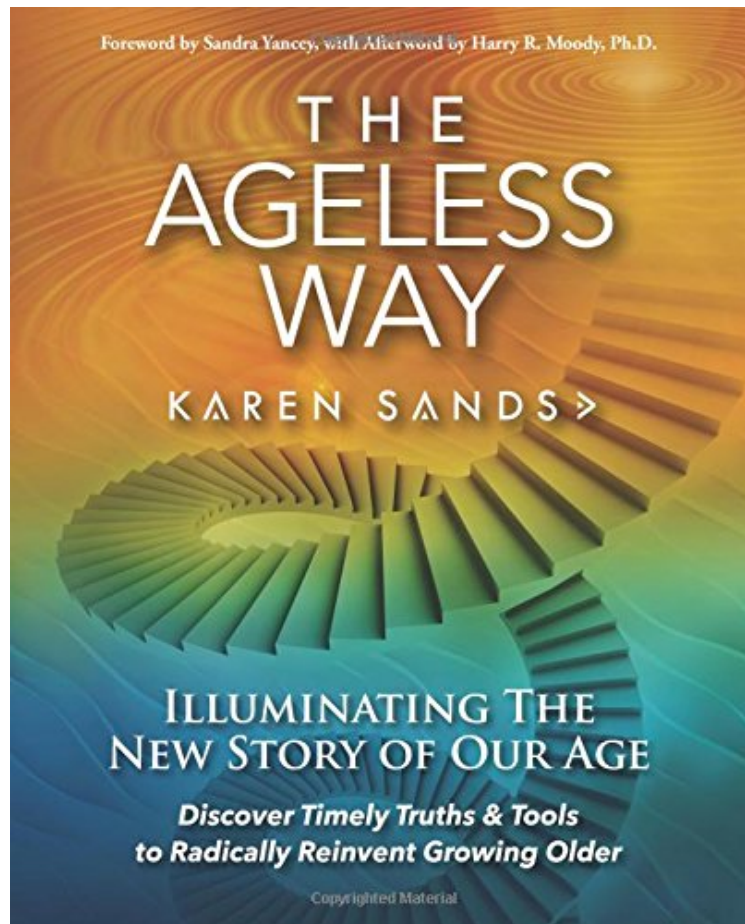


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## The Ageless Way (English Edition)

*Karen Sands*

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**Karen Sands : The Ageless Way (English Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Ageless Way (English Edition):

2 of 2 people found the following review helpful. What if... Aging is an Illusion? By Morgine This is a workshop in a book. Not something you read on a weekend and you are finished. It needs to become an everyday topic of conversation, beginning with our children and continuing on until we die! Aging is an illusion. Sure we grow into adulthood, however, the creator of everything around us, nature, animals, plants, humans did not create us to deteriorate! We were created to improve with age like fine wine! Be inspirations to ourselves and everyone around us! This book takes you on a journey through time and the changes we have made along the way and the ones we need make here and now! Karen provides questions to ask yourself at the end of each section to take the work deeper! You could create a circle of friends to do this work with and transform lives. We need to love ourselves more and appreciate that we were each created Unique and different for a reason! It is time to begin to live a more authentic life based on our hearts deepest longings, our intuitive guidance, and not based on a media and educational system striving for conformity on all levels of our being and instilling the fear of aging! The people who hold the purse strings in our

country do not want happy, fulfilled, healthy, inspired people, because these kinds of people don't need to buy lots of things to make them happy or feel beautiful! They already know they are worthwhile and deserving. Read this book and remember you are Never what someone else defines you as, especially with labels like aging! Only You can really know who you are deep inside. If what you are thinking does not feel good inside, then it's not the truth! Know and begin to live who you really are, regardless of your age! Beginning by inspiring our children to be themselves and continuing to do so as they grow older. Taking lessons from young children to bring the joy and happiness of our youth, back into our every day adult lives and Claiming our Authenticity again, and leaving behind any ideas of conforming to age old ideas perpetuating AGING as just another label, like ethnicity, religion, culture, sex and all the other ways we separate ourselves out from each other. Join the Ageless Revolution where we cease using labels because our individual Uniqueness is way too Inspiring for mere words to express!

0 of 0 people found the following review helpful. Required reading for everyone over 18! By Deev Murphy Much as I appreciated the insights gained by reading Karen's Visionaries Have Wrinkles, her book, THE AGELESS WAY, left me floored. Opening up the large book, was impressed right off the bat with how it leaves plenty of space in the margins for jotting notes priceless! Because of the generous margins it offers for jotting notes in the margins, it's almost over-sized. Praise be! I am only up to page 121, but had to make The Ageless Way the first official book BRAVO! posted on my new blog. Oh, to have the financial wherewithal to put a copy in the hands of every 25-year old! Karen describes herself as a visionary trailblazer and game-changer ~ my description is force of nature. She is larger than life, ebullient yet grounded, a major force in rocking staid stodgy stultifying ideas of aging to their out-dated roots, ripping them out, replanting bold bodacious ways of moving along the age spectrum. It's no joke to say that Karen has A LOT of Forrest Gump in her, with a knack for being present at mega paradigm-shifting moments. It is a thrill to see how all she is, all she has developed nurtured throughout her life, is making such a magnificent difference in the lives of all of us because we're ALL aging upward! Confession: I set this book aside on first reading, weirded out that she put 40+ younguns in the same category of Boomers. Now, a third of the way in, I deeply appreciate that she includes midlife. I'd start even earlier! How to describe The Ageless Way? At times it feels like Karen is sitting with me, sharing a cuppa, telling me tales from her decades of work as a world shaker, trailblazing firecracker! At others, it feels like I'm in the best sort of seminar. Or having a literary version of a Vulcan mind meld. And then there's the task master, setting out at each chapter's close The Ageless Way Reflections questions exercises designed to help us along our own Ageless Way. Throughout what I've read have been echoes of women men who've graced my life from early childhood, who helped protect me from those staid stodgy stultifying concepts of aging upward that held so many others down. I grew up with the image of women as amazing agents of change. First foremost my mother. While other girls my age had mothers who silently telegraphed the message that getting their MRS was the most important thing they could do, mine was telling about her dream of being a steward on a great ship, a dream she pursued in her early twenties, learning that to get the position, you had to have experience the only way to get experience was to have the position. She loved her job in the Books Section at Strawbridge Clothier, delighted in sharing stories about the different famous authors she met. As she grew upward, Mom modeled the best of best practices, sharing with younger ones of all ages that as we grow older, the concepts we held of being, time relationships are liberated. My feet drag somewhat and I move a lot more slowly than I did, but most days my spirit soars, making itself felt more and more. How Mom would have smiled, reading, This new sense of freedom to stand in her own shoes, to raise her voice and agreed 100% that it brings with it a childlike energy one of spontaneity, play, laughter creativity. It was from Mom her circle of friends that I first learned that younger folk might like to think they know it all, but it takes scores of years not mere decades to understand, that there is a vast chasm between intelligence wisdom. The Ageless Way is a book that could only have been written by someone who remembers life in the dark past 40+ years ago when tick tocking past 65 seemed to many a fate possibly worse than death. I marvel at all she has seen, at the changes SHE has helped bring about that brought us to this place, this moment where astonishing wonders reach out touch everyone on every spot along the age spectrum. Young people need this book because they long to hear voices like Oliver Sacks, quoted by Karen, talking about the 80s being one of the most enjoyable decades of his father's life, how the older man felt not a shrinking but an enlargement of mental life perspective. Younger people NEED to hear that, whether they are in their late teens, thirty-something, or making their way through the midlife maze. Being Ageless means, in part, developing this ability to step outside our lives, to step outside time, and see the world life as it really is. To go beyond simple knowledge take that step into knowing. To feel in our bones what time really is to appreciate both the transcendence the beauty that is Ageless. Thanks, Karen ~ I needed that. So do we all. Oh, to be able to give A) this wondrous book to everyone post-high school member of my circle of loved ones, along with B) the time to read it, then share their own impressions. Maybe take a month or more to discuss it. To talk about older role models it brings to mind, the qualities we most appreciate in them, how what they lived connect to what Karen writes. The Ageless Way Karen are to be savored like a fine aged scotch or vintage port slowly, with attention to the flavors, with awareness awe.

1 of 1 people found the following review helpful. Great new and positive ideas as we go through life--a whole new concept of aging! By Joan Learn Karen Sands has written an amazing book on how women (and men) can re-define how we age. When you read this book (and you must) you will be excited about your possibilities no matter what your age. The ideas she presents

are not how aging has typically been perceived in the past. We need people like Karen to help us realize there is so much we can do during our entire lifetime. I have been in the career transition business for many years (over 30) so I have experienced people believing that when they hit the typical retirement age (in our society) at around 65, there is not much more they can do career-wise or even otherwise. This book will certainly help readers obtain many ideas to re-invent themselves and have a new and positive concept of aging. With 10,000 baby boomers turning 65 daily, it is a great time for many to benefit from this book. I know it will help me when I work with clients in transition. I highly recommend the book for everyone no matter what age. I hope many universities, organizations and companies get copies of the book and have brainstorming sessions on how they can come up with programs and ideas to spread the messages in this book!

More of us than ever before are ready to reshape the chaos of our lives and planet, to change what aging means while transforming our lives and our world. The old story of aging no longer applies - if it ever did. We have more to give, not less, with each new year. Why deny age when we can transcend it? We can live beyond time, beyond age. We can be Ageless. Join leading Educational GeroFuturist™ Karen Sands in an exploration of past, present, and future stories, from the ancient oracles to modern trends in everything from entrepreneurship and the economy, science and technology, health and beauty, community and politics-stories and trends that lead to one extraordinary conclusion: We are on the cusp of the new story of our age, as individuals and as a planet, a story in which multiple generations have an opportunity to redefine age and reimagine the future together, and in doing so, transform the world in visionary ways. It's time for us to illuminate this new story about what it means to age across our life course, a story in which we step forward to be not who we should be as we age but who we can be. Let the old story go. Let the new story begin. Usher in The Ageless Way now - at every age. It's our time to radically reinvent growing older!

It's all here. Everything you need to know about being an over-50 woman today and the prospects of becoming the best you can be as you grow older. Karen Sands is the ideal guide across this uncharted territory. - Suzanne Braun Levine, author of *Inventing the Rest of Our Lives*, *Fifty IS the New Fifty*, *How We Love Now*, and *You Gotta Have Girlfriends* Brava to Karen Sands for weaving together powerful storytelling with spot-on insights. While Sands speaks specifically to women, this book will be invaluable for anyone crossing the threshold into the second half of life. - Marc Freedman, CEO/founder *Encore.org* and author of *The Big Shift* Just as a focus on wellness is now the norm for forward-thinking healthcare, so *The Ageless Way* overturns our culture's bleak perspective on growing older and replaces it with a positive template for being fully alive in every stage of life. Filled with humor, heart, and hard-won wisdom, *The Ageless Way* is a handbook for evolutionary aging. It should be read and recommended by every healthcare practitioner whose work touches those in the middle years of life and beyond. Debra Gibson, N.D., naturopathic physician and writer We all need this book-women, men, Gen X, Y, Boomers, everyone-to remind us that what we expect, we get. Sands points the way to a new expectation of thriving throughout our ages and stages together in the Longevity Economy. Elsie Maio, founder of *Humanity, Inc./The Soul BrandingSM Institute* Karen Sands has done it again! She stirs us up with her uncanny vision that age cannot wither, while also weaving a refreshing new perspective forecasting that women entrepreneurs (especially 40-plus) will be redefining growing older, catalyzing a transformation of the business of aging around the world. -Anne Garland, executive managing director, *eWomenNetwork*, *Hartford Shoreline Applause!* I love this book! Joyce Cohen, president, *Life Planning Network* Given our rapidly changing world, *The Ageless Way* couldn't be better timed! With a comprehensive overview of contemporary women's history in a well-structured framework with thoughtful commentary, Karen Sands aims to help us navigate midlife and aging. If you're seeking a path for reflection, renewal, and restructuring your life, you've come to the right book. Cyma Shapiro, *MidlifeMothers.org*, *MotheringintheMiddle.com*, author of *The Zen of Midlife Mothering* *The Ageless Way* is an enthusiastic, provocative, and highly informative yet authentically personal book. Filled with growth promoting, consciousness raising exercises, the book asks us to creatively consider our future life direction, discussing the stories we tell ourselves about our past, present, and future and how to reassess and reconfigure these stories to open new possibilities in our lives. Tom Lombardo, Ph.D., futurist, psychologist, philosopher, and science fiction scholar, director of the Center for Future Consciousness and *The Wisdom Page* *The Ageless Way* beautifully and eloquently dismantles old perceptions of aging, unveiling a new paradigm for living longer, healthy, joyful, independently financial lives. Karen is the everlasting past, present, and future mother, encouraging women of all ages to take a giant leap into self-discovery and empowerment, to rightfully take their place in a vast, fast-changing universe. - Mary Madeiras, TV director and independent filmmaker, two-time Emmy winner *The Ageless Way* is a guidebook for Baby Boomers searching for a new model of aging. Paul Irving, chairman of the Milken Institute Center for the Future of Aging and distinguished scholar in residence at USC Davis School of Gerontology *After Visionaries Have Wrinkles*, Sands continues to redefine and more so to transform our cultural perspective on aging. As a GeroFuturist, she emerges as the grandmother of the 21st century women's movement, sharing her wisdom in a new interactive book, which encourages reflection and multigenerational conversation on the journey toward positive aging. -Irene J. Dabrowski, Ph.D., associate professor of sociology, St. John's University, and

co-coordinator of the New Jersey Chapter of the World Future Society

**The Ageless Way** is a unique addition to humanity's greatest journey, the defeat of death and the growing attempt to radically extend the length of life to 100 and then 800 years long. This book answers the central question of meaningful inner advances, with its powerful, personal, psychological, spiritual, and professional dimensions. Karen asks us, Who will you become when you extend your life? - Dan Abelow, patented inventor, author, speaker, consultant

**The Ageless Way** provides an invitation to remember our past, to be fully alive in the present, and to look ahead toward the future. Karen Sands gifts readers an abundance of opportunities for deeper wisdom and gracious understanding as we aim to create meaning throughout the stages of life. - Sharona Silverman, MPH, Director, Deutsch Family Shalom Center, Temple Chai, Phoenix, Arizona

Karen's chapter, **Agelessness Across Generations**, grabbed my attention! Thank you for reminding me of the importance of intergenerational conversations and collaboration! -Jonna Kurucz, staff vice president, health and wellness, Anthem

**About the Author** Karen Sands has spent decades transforming conversations about Positive Aging, women, and the future, culminating in paving a more vibrant age-friendly way forward for age 40-plus women in the twenty-first century. In ushering in **The Ageless Way**, Sands capitalizes on tomorrow's trends today to illuminate a new story, a narrative fostering a life of unlimited meaning, satisfaction, impact and legacy-making, as well as money-making futures that matter. Karen shakes up limiting perceptions and outmoded thinking, transforming them into new possibilities transforming aging and ageism on its head. Her work aims to catapult women to the forefront of the business of aging as innovative social entrepreneurs, change-makers, visionary leaders, and discerning high-value consumers. By bringing together the best practices of sustainable business with avant-garde approaches to timeless living and unlimited Ageless Aging, she prepares us to generate and utilize new innovative intergenerational gerobusinesses and services partnered with civic engagement that rock our age. A Visionary with Wrinkles, CEC-BCC and ICF-MCC certified Master and Mentor Coach, TED support Master Coach, and leading Educational Gerofuturist on the Longevity Economy and author-creator of **The Ageless Way** book and program (an evolutionary model of aging for all generations), Sands is also an online entrepreneur, speaker, publisher, and multi-book author-blogger. Karen Sands propels women and men across generations to usher in **The Ageless Way** and radically reinvent the true meaning of growing older at any age in life and in business.