

Honest Aging: An Insider's Guide to the Second Half of Life

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DISCUSSION GUIDE

1. What was your reaction when you first saw the book's title, *Honest Aging*? Did it strike a particular emotion, like feeling glad, mad, sad, or ambivalent? Why?
2. What surprised you the most about the book?
3. Did you learn something new from it? If so, what?
4. The author discusses Ageism throughout the book. Have you or someone you love ever experienced ageism? What was your/their response? If you had it to do over, would you respond differently, or do you feel your response was spot on? If you'd respond differently, how?
5. Did the book influence or change your feelings about getting old?
6. Did the book make you think about who you will be when you're older and how you are approaching your own aging? Are there any strategies or solutions suggested that you're planning to apply to your own life?
7. Do you have older loved ones for whom you will play a role as they age? Are there issues the book addressed that you are concerned about? Is there anything additional you wish that the author had addressed?
8. Was there a piece of advice or wisdom that you disagreed with? Why? What would you suggest as alternative?
9. The book itself addresses individual approaches to aging, however aging is a team sport. What steps might your community or our society take to allow older adults to live a more enjoyable, engaged and meaningful life?
10. What will you remember most about this book in a few months?
11. Would you recommend this book to someone? Who? Why or why not (or with what caveats)?

For more *Honest Aging* and related resources, visit: www.RosanneMD.com.