

Recommended Books for the Emeriti Center website – updated 6.30.14

Helen Dennis

*AgeLess: Take Control of Your Age and Stay Youthful for Life* by Edward L. Schneider, M.D. (Rodale Books, 2003)

*Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Life* by Fred Mandell and Katheen Jordan (Avery, 2010)

*Boundless Potential: Transform your Brain, Unleash Your Talents, Reinvent your Work in Midlife and Beyond* by Mark S. Walton (McGraw Hill, 2012)

*Don't Retire, Rewire* by Jerry Sedlar and Rick Miner (Penguin 2003). Updated paperback version: *Don't Retire, Rewire, Second Edition* (2008)

*Encore: Find Work That Matters in the Second Half of Life* by Marc Freedman (PublicAffairs, 2007)

*Great Jobs for Everyone 50+* by Kerry Hannon (John Wiley & Sons, 2012)

*Inventing the Rest of Our Lives: Women in Second Adulthood* by Suzanne Braun Levine (Penguin Group, 2005)

*Live Smart After 50: The Experts' Guide to Life Planning for Uncertain Times (Life Planning Network, 2012)*

*Longevity Revolution: The Benefits and Challenges of Living a Long Life* by Robert N. Butler, (PublicAffairs, 2008)

*My Time: Making the Most of the Rest of Your Life* by Abigail Trafford (Basic Books, 2004)

*Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America* by Marc Freedman (PublicAffairs, 1999)

*Project Renewment: The First Retirement Model for Career Women* by Bernice Bratter and Helen Dennis (Scribner 2008)

*Second Wind: Navigating the Passage to a Slower, Deeper and More Connected Life* by Bill Thomas, M.D., (Simon & Schuster, 2014).

*Smart Women Don't Retire, They Break Free* by the Transition Network and Gail Rentsch (Springboard 2008)

*Successful Aging* by John W. Rowe and Robert L. Kahn (Random House, 1998)

*The Creative Age: Awakening Human Potential in the Second Half of Life* by Gene D. Cohen, M.D., Ph.D. (Harper Collins, 2000)

*The Encore Career Handbook* by Marci Alboher (Workman Publishing, 2013).

*The Mature Mind: The Positive Power of the Aging Brain* by Gene D. Cohen, M.D., Ph.D. (Basic Books, 2005)

*The Memory Bible: An Innovative Strategy for Keeping Your Brain Young* by Gary Small, M.D. (Hyperion, 2002)

*The Memory Prescription: Dr. Gary Small's 14-Day Plan to Keep your Brain and Body Young* by Gary Small, M.D. (Hyperion, 2004)

*The Upside of Aging: How Long Life is Changing the World of Health, Work, Innovation, Policy & Purpose* by Paul Irving (Wiley, 2014)

*Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Bing, Wisdom and Wonder* by Arianna Huffington (Harmony, 2014)

*Your Life Calling: Reimagining the Rest of Your Life* by Jane Pauley (Simon & Schuster, 2014).