

## LIFE & WORK JOURNAL REPORTS: RETIREMENT

# The Best Books and Podcasts of 2022 About Aging and Retirement

This year's recommendations will help you think differently about getting older



Smart books about retirement and aging, and a gripping novel about a lifelong friendship that is severely tested.  
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By *Diane Cole*

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With certain books in hand, or podcasts at the ready, you'll never lack for company or for information, entertainment and answers to wide-ranging questions about healthy aging or retirement.

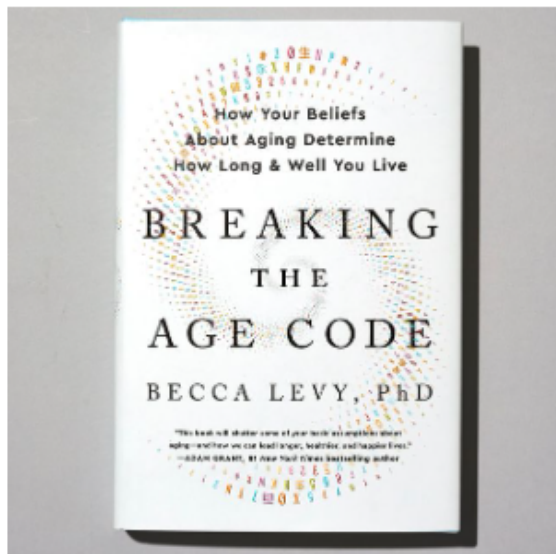


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*Breaking the Age Code: How Your Beliefs About Aging Determine How Long & Well You Live.* By Becca Levy, Ph.D. William Morrow. 294 pages.

Aging doesn't just happen in our bodies. How we *think* about growing older can affect the very length and quality of our lifespans, writes Becca Levy, a social psychologist and Yale School of Public Health professor. In her book, Prof. Levy synthesizes 20 years of research about the medical, psychological and social impacts of both positive and negative beliefs about aging. Negative stereotypes and cultural messages about aging promote distorted views about the vital potential of people 50 and over, she observes. Most insidiously, she adds, such attitudes can poison our own beliefs about our abilities and lead us to fall into self-defeating behaviors. Prof. Levy presents a simple but effective plan for being proactive in emphasizing the benefits that age also brings to society as a whole.