

## **Questions about *Breaking the Age Code: How Your Age Beliefs Determine How Long and Well You Live***

Here is a list of questions that you can ask yourself or groups can discuss.

1. Have you experienced or observed any of the types of ageism described in the book or other types not in the book? If so, what are they?
2. While reading the book, did you realize that there are ageist things you say or think? If so, what are they and what has been your response to this?
3. The book suggests that when you encounter ageism around you, you can counter it with various strategies (including the evidence-based ABC Method to Bolster Positive Age Beliefs; Ammunition to Debunk Negative Age Stereotypes; and Call to End Structural Ageism). Do you have a strategy for addressing ageism or one you would like to try? If so, what is it?
4. The book uses both stories and scientific findings to show how positive age beliefs can benefit the health of older persons. Was there a story or finding that particularly caught your attention?
5. The book provides evidence that age beliefs can influence health problems in later life that many mistakenly think are due to inevitable biological aging. The book also provides evidence that we can improve our age beliefs. Did reading about these findings change the way you consider the health of older persons? If so, in what way?
6. The book presents examples of growth and creativity in later life. Can you give examples from your own life or observations of it in others?
7. Do you like the idea of an age liberation movement to create an age-just society? If so, what steps could you take to help support this movement?
8. Do you think adults who are not-yet-old could benefit from reading the book? If so, in what way?
9. What part of the book did you find most helpful and why?