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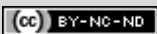
## Book Review

*The Upside of Aging: How Long Life is Changing the World of Health, Work, Innovation, Policy and Purpose*, Paul H. Irving, ed., with project editor Rita Beamish. Hoboken, New Jersey: John Wiley & Sons Inc.. 2014. ISBN 978-118-69203-5 (Hard Cover); 978-1-118-69190-8 (ePDF); 978-1-118-69191-5 (Mobi). Price: \$39.95

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Authors of the 16 chapters hold professional degrees and serve in leadership positions related to psychology, gerontology, medicine, not-for-profit organizations, economic and technology groups, and universities; many are members of task forces on global aging issues, and public health.

The chapters are situated within three categories: (1) Opportunities and Innovations; (2) A Changing Landscape; and (3) Perspectives and Possibilities. The over-arching themes indicate that longevity is here to stay and that aging is a universal experience; however, the path varies widely for each person. Global society leaders need to rethink the value of longevity and successful aging; as well as, prioritizing initiatives for the future of aging societies, the changing population demographics, and economic issues in health and illness.

Scientists have determined that genetic variants, the environment, family predispositions, and personal motivators play important roles in the many aspects of the healthy aging process. Therefore, rather than adhering to the traditional health care model, attention must be directed toward personalized aging and the initiation of precision or personalized medicine to ensure quality of life within safe environments. The major goals, then, for the 21st century, should be prolonging the healthy aging span of life and fostering independence.

The authors state that within the past 50 years, each generation cohort has been healthier than the previous one. The future may include a mature workforce along with opportunities for active participation in social and political leadership. The power of the aging mind is demonstrated by the number of older scientists who have received the Nobel Prize, and valuable contributions by older national leaders. Future retirement transitions may greatly differ from the societal norms of today. Global aging is, also, challenging leaders in universities “as an object of study, as a source for students, and as a source of participants in teaching and research” (p. 165). It is important to tap into the rich resources that are available.

Challenges faced by global aging societies include identifying measures to meet the demographic changes of intergenerational communities, and multi-cultural populations. Ethical, ethnic, legal issues, age discrimination, and new alliances bring many important factors to the decision tables. Allocation of economic resources to ensure safe and quality lives for all is a major concern world-wide. Yet, these factors that change the landscape can, also, bring new perspectives and unique solutions to future global societal problems.

Although, the focus of the text is on healthy aging and well-being, the authors agree that chronic physical and mental health problems are inevitable. Researchers must continue to search for methods to minimize the impact of these problems on the health status of all citizens.

The text can be an excellent resource for collaborative discussions among educators, scientists, policy makers, and other society leaders in finding solutions.