





| BOOKS ON AGEISM       |                   |   |           |
|-----------------------|-------------------|---|-----------|
| Title                 | Author            | Quick Synopsis  | Cover Art |
| Breaking the Age Code | Becca Levy        | Explore a revolutionary paradigm shift in how we think about aging. Examine how our mindset and beliefs shape our behaviors, ability to heal, and our lifespan in invisible but powerful ways.  |           |
| This Chair Rocks      | Ashton Applewhite | Examine the roots of ageism in history and in our own age denial, examine how ageist myths and stereotypes cripple the way our brains and bodies function, expose the cost of the all-American myth of independence, critique the portrayal of elders as burdens to society, describe what an all-age-friendly world would look like, and conclude with a rousing call to action. |           |
| Ageism Unmasked       | Tracy Gendron     | Offering an all-inclusive approach, Dr. Tracey Gendron reveals the biases behind our false understanding of aging, sharing powerful opportunities for personal growth along with strategies to help create an anti-ageist society.  |           |
| Disrupt Aging         | Jo Ann Jenkins    | This book focuses on health, wealth, and self to show how to embrace opportunities and change the way we look at getting older. This is for all the makers and doers who have a desire to continue exploring possibilities, to celebrate discovery over decline, and to seek out opportunities to live the best life there is.  |           |

| AGEISM RESOURCES  |  |  |
|---|--|--|
| Organization/Initiative   | Website  | Synopsis or What to Check Out  |
| <p>National Center to Reframe Aging</p>  | <a href="http://www.reframingaging.org">www.reframingaging.org</a>                 | <p>Countering ageism by changing how we talk about aging.</p> <ul style="list-style-type: none"> <li>• Useful tools</li> <li>• Research</li> </ul>   |
| <p>Old School</p>                        | <a href="http://www.oldschool.info">www.oldschool.info</a>                         | <p>Curated public resource library of educational tools to help people learn about ageism and how to end it.</p> <ul style="list-style-type: none"> <li>• Toolkits, Workshops</li> <li>• Campaigns</li> <li>• Videos, Podcasts, Talks</li> <li>• Reports, Books</li> </ul> |
| <p>Changing the Narrative</p>           | <a href="http://www.changingthenarrativeco.org">www.changingthenarrativeco.org</a> | <p>NextFifty initiative to end ageism using evidence-based strategies, strategic communications, and innovative public-facing campaigns.</p> <ul style="list-style-type: none"> <li>• Workshops</li> <li>• News/Media</li> <li>• Engagement ideas</li> </ul>               |
| <p>EveryAGE Counts</p>                 | <a href="http://www.everyagecounts.org.au">www.everyagecounts.org.au</a>           | <p>Rooted in Australia, this is an advocacy campaign aimed at tacking ageist against older people.</p> <ul style="list-style-type: none"> <li>• Research</li> <li>• Policy position statement examples</li> <li>• Am I Ageist? Quiz</li> </ul>                             |

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