

CONTENTS

PREFACE	ix
INTRODUCTION	
Why Disrupt Aging?	1
CHAPTER 1	
The New Reality of Aging	11
CHAPTER 2	
Own Your Age	33
CHAPTER 3	
Design Your Life	51
CHAPTER 4	
Take Control of Your Health	73
CHAPTER 5	
Choose Where You Live	103
CHAPTER 6	
Finance Your Future	131
CHAPTER 7	
Put Your Experience to Work	157
CHAPTER 8	
Let's Change the Rules	181
CHAPTER 9	
A New Vision for Living and Aging in America	209

JOIN THE CONVERSATION 217

TAKE ACTION 219

LEARN MORE: RESOURCES 239

ACKNOWLEDGMENTS 243

NOTES 247

ABOUT THE AUTHOR 267