

Positive Ageing

Grow old along with me!
The best is yet to be.

- Robert Browning



Clare County Library 2014



A Reading List
from Clare County Library

Introduction

The CLARE AGE-FRIENDLY COUNTY STRATEGIC PLAN provides the foundations for a county where older people are supported, connected and valued for their contribution to community and family. In line with this strategy Clare County Library has devised a bibliotherapy project on the topic of ageing positively.

We know that reading broadens the mind and introduces us to people and places we would never otherwise encounter. Getting lost in a work of fiction affords us a temporary respite from the challenges of life, no matter what age we are. However, using literature as an escape mechanism is only one of the benefits of reading. Self-help books have been used for therapeutic purposes for many years and the effectiveness of bibliotherapy has been well established in clinical trials. Hundreds of books are published every year offering advice on how to stay happy and healthy while also dealing with the inevitable aspects of ageing. It can be difficult to choose suitable material from the vast array of publications out there. Clare County Library has therefore compiled this reading list of book titles to make the selection task easier.

The books selected are a combination of non-fiction and fiction titles. They highlight the emotional and practical effects of growing older, while also celebrating the fact that ageing can be an actively enriching time of immense growth. All of the books featured are available for borrowing from Clare County Library.

Happy reading!

Clare County Library
December 2014

FICTION

The Unlikely Pilgrimage of Harold Fry by Rachel Joyce

Recently-retired Harold Fry, sets out one morning to post a letter to a dying friend. Quite unexpectedly, in a moment of impulse, Fry finds himself at the start of a journey which will lead him to walk hundreds of miles from home, en route making chance encounters and reflecting on tragic events from his past which transform his life and in turn alter the lives of the people he meets.

A Short History of Tractors in Ukrainian by Marina Lewycka

When an elderly and newly widowed Ukrainian immigrant announces his intention to marry a voluptuous old-country gold digger, his daughters must set aside their longtime feud to thwart him. A wise and funny book about families, the belated healing of old wounds and the trials and consolations of old age.

Best Exotic Marigold Hotel by Deborah Moggach

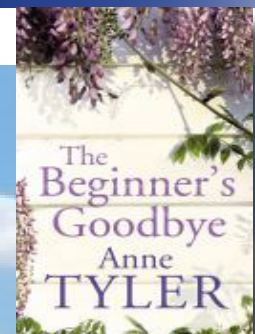
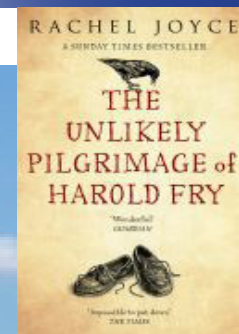
Several English retirees are enticed by the promise of indulgent living at a bargain price in a hotel in India but the reality disappoints. But they soon discover that life and love can begin again, even in the most unexpected circumstances.

The Beginner's Goodbye by Anne Tyler

A middle-aged man, ripped apart by the death of his wife, is gradually restored by her frequent appearances - in their house, on the roadway, in the market. This book is a beautiful, subtle exploration of loss and recovery.

*And in the end,
it's not the years in your life that count.
It's the life in your years.*

~Abraham Lincoln



***Thursdays in the Park* by Hilary Boyd**

A sixty-something year old woman meets the man of her dreams in the park while looking after her grandchildren. But does she have the courage, while facing opposition from all sides, to turn her life upside down for another shot at love?

***Still Alice* by Lisa Genova**

Alice Howland, a Harvard professor, slowly loses her thoughts and memories to Alzheimer's disease - only to discover that each day brings a new way of living and loving. Losing her yesterdays, living for each day, her short-term memory is hanging on by a couple of frayed threads. But she is still Alice.

***The Little Old Lady Who Broke all the Rules* by Catharina Ingelman-Sundberg**

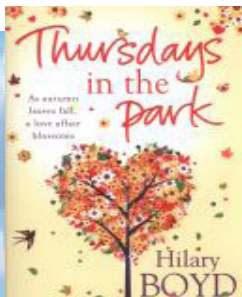
Five people, all over 70, have become tired of the way society treats them and decide to leave their care home in a bid to launch a new career as thieves. A quirky, humorous and warm-hearted story about growing old disgracefully - and breaking all the rules along the way!

***No! I Don't Want to Join a Book Club: Diary of a Sixtieth Year* by Virginia Ironside**

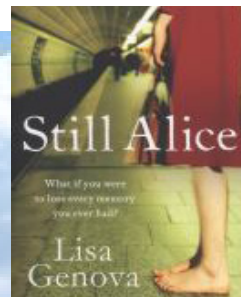
Marie Sharp is heading toward sixty and is just fine with it. She just wants to put her feet up and "start doing old things." No Italian classes or gym memberships or book clubs for her, thank you very much! This novel is about letting go of youth and embracing life beyond middle age.

***The Hundred-year-old Man who Climbed out of the Window and Disappeared* by Jonas Jonasson**

On his 100th birthday Allan Karlsson makes his escape from an old people's home and embarks on an unlikely and momentous adventure. Fast-moving and relentlessly sunny, the novel quickly develops into a romp that takes in all the major events of the 20th century. A fun, feel-good book for those who believe that it is never too late to start over...



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***Life is for Living: inspirational reflections about contemporary Ireland to celebrate 25 years of Age & Opportunity* by Ann Leahy and Catherine Rose**

Reflections from personalities such as Pauline Bewick, Christy Moore and Dervla Murphy offer an upbeat, positive approach to ageing and life in general.

***The Warmth of the Heart Prevents Your Body from Rusting : ageing without growing old* by Marie de Hennezel**

This meditation on ageing shows us how to make the most of this time in our lives, to avoid depression and to stay happy. If we can maintain energy in our hearts and believe in the power of joy and human warmth, this can transform us and the way we look at the world.

***Ageing with Attitude* by Mary Evans Young and Derek Evans**

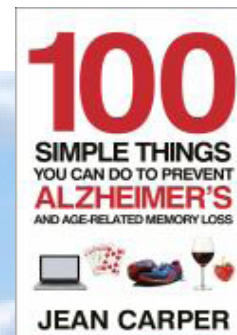
How we age is much more of a choice than you may think. Combining the latest research on health, ageing and well-being this book presents a constructive antidote to the myths and stereotypes around ageing, and a guide to an exciting, fulfilling future.

***100 Simple Things You Can Do to Prevent Alzheimer's and Age-related Memory Loss* by Jean Carper**

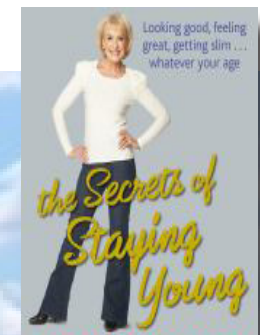
Simple ideas and strategies, based on scientific research, that can be easily incorporated into everyday life to help prevent the onset of Alzheimer's and other age-related memory loss.

***The Secrets of Staying Young with Rosemary Conley* by Rosemary Conley**

Conley shares some of her own experiences of looking and feeling young as the years pass, as well as giving advice on diet, exercise, dressing for your age and shape, and gives medical advice about HRT, plastic surgery and how to stay fit despite the changes in your body.



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Tuesdays with Morrie by Mitch Albom

Mitch Albom rediscovered his old tutor Morrie in the last months of the older man's life. Knowing he was dying, Mitch visited with Morrie in his study every Tuesday exploring many of life's fundamental issues - family, marriage, ageing and culture to name a few. Their rekindled relationship turned into one final "class": lessons in how to live.

The 10 Secrets of Healthy Ageing : how to live longer, look younger and feel great by Patrick Holford and Jerome Burne

This book explains how your body changes as you age and what you can do, through diet and lifestyle, to avoid the illnesses of old age, as well as the aches, pains, poor sleep and eyesight deterioration that many believe are an inevitable part of ageing.

How to Age by Anne Karpf

Karpf suggests how ageing can be an actively enriching time of immense growth. She argues that if we can recognize growing older as an inevitable part of the human condition, then the great challenge of ageing turns out to be none other than the challenge of living.

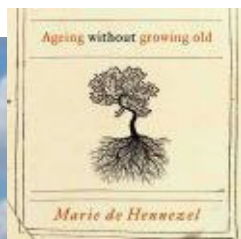
The Art of Ageing: inspiration for a positive and abundant life by John Lane

Lane gives advice on how to make the most of ageing, how to celebrate its positive gifts and includes the stories of a variety of people who have enjoyed creative and productive lives well into their eighties and nineties.

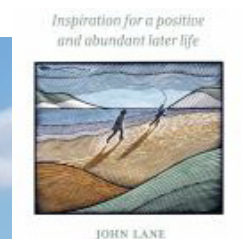
Retiring With Attitude: approaching and relishing your retirement by Caroline Lodge and Eileen Carnell

A step-by-step guide through the issues you will face as you approach your retirement: social and financial, emotional and physical. A practical and inspirational guide on to how to enjoy an active, contented and fulfilling retirement.

Clare Age-friendly County Programme: Clare Age-friendly Strategy - International, national and county context: Clare County Council, 2013



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The Challenge of Retirement by Trish Murphy

A serious look at one of the momentous changes in life, covering issues arising from retirement, such as wellness and happiness, stress and living, sex after 60 and so on.

The Year I Turn...: a quirky A - Z of ageing by Angela Neustatter

Drawing on medical research and information from experts, this book shows in a humorous way what is possible when we finally have the time to do what we have always put off: become more active, eat more healthily, read that novel, learn to dance, find a new hobby, be kinder, enjoy ourselves, and most of all, keep changing.

Ageing and Caring : a toolkit for later life by Des O'Neill

This book seeks to outline not only the challenges that can arise from ageing but also how active and rewarding life can continue to be in old age. An essential, positive guide for older people, their carers and their families.

The Second Half of Your Life by Jill Shaw Ruddock

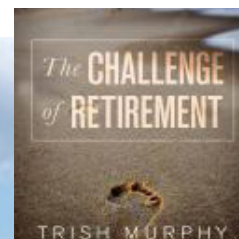
From money to the mind, dating to divorce, exercise to eating and separation to self-expression, this inspiring book sets out a game plan to prepare and guide you to make the second half of your life the best half.

You're Looking Very Well: the surprising nature of getting old by Lewis Wolpert

In this engaging investigation, Wolpert tackles every aspect of the subject from ageism to euthanasia to anti-ageing cream and, through it all, tries to better understand his own ageing.

Somewhere Towards the End by Diana Athill

This book tells the story of what it means to be old: how much there is to remember, to forget, to regret, to forgive - and how one faces the inevitable fact of death. In telling it like it is, with humour and compassion, Athill strikes a real blow against ageism.



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