to ease her muscles in

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home, delaying having children, delaying taking on many of the trappings

teenager was a mid-20th century invention—before that you were simply a

40 years,” says Carstensen.

economically, not socially, and not personally. Plus, it's tedious, even for

retirees not at all. But when you can reasonably expect to live decades

Otto van Bismark was the first to introduce pensions at a time when

grandchildren, then back to work,” says

longer lives, working lives must be longer too, but work will be more

"60-year curriculum" aimed at keeping workers up to date in a fast-

A life designed for longevity starts with education that is extended—

mentoring, or volunteering—all opportunities to be productive and spend

we live longer. “For the majority of today’s five-year-olds, 82 will be like 60

In the US, life expectancy has increased by 30 years in the last century but,

the red planet

Business economics professor and

long is getting old,” says

than ever of living to be centenarians, and by 2050 it'll likely be the norm

is a near certainty: Peggy Hawkins will live to 100.

as Peggy gets older, her life will be accompanied by day-to-day

economies, with free education and healthcare. She has devoted, attentive

Peggy’s 100-year life seems off to a good start. The Hawkins family—Peggy,

Laura Carstensen, a psychology

The 100-year life isn't about striving to stay younger for longer, it's about

approach old age “with sorrow and rebellion”, seeing it as worse than

The best way to be a successfully aging old person is to be a successfully

purpose, whether it's found in the workplace, family, or community.

The United Nations Population

The first five years of life—Peggy’s entire existence so far—are the

foundation of future health and wellbeing. The message of longevity is to

As Peggy gets older, her life will be accompanied by day-to-day

By

as she refines it, a new UK study, while the growth of the

A new UK study, while the growth of the

The 20th century is a different world from the 1st, and the 21st is

Professor and founding director of the

the University of Oxford.

today and tomorrow, with each generation having longer life spans,

imagine the current youngest generation living to 120, which will be

widely welcomed, is also a warning. Today's five-year-olds are

The meaning of the cross of ashes on Ash

as she refines it, a new UK study, while the growth of the

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