



Older and Bolder: Life after 60

Renata Singer

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For the first time in history, women can expect to live well from their sixties for another three decades. A drab existence of retirement, disease and disconnection is not an option for this generation of women.

In Older and Bolder, Renata Singer contrasts the stories of the pioneers of active, productive old age against the anxieties of those facing the milestone of turning sixty, considering each viewpoint in the light of revealing research. Older and Bolder is her rallying guide to living audaciously in the last third of your life.

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