

This Chair Rocks: A Manifesto Against Ageism

Ageism is a serious problem that affects millions of people around the world. It is the discrimination against or prejudice against older people. Ageism can take many forms, from subtle slights to outright discrimination. It can affect older people's health, well-being, and even their ability to live independently.



This Chair Rocks: A Manifesto Against Ageism

by Ashton Applewhite

★★★★☆ 4.5 out of 5

Language : English
File size : 3511 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Screen Reader : Supported
Print length : 300 pages



This Chair Rocks is a powerful and inspiring book that challenges the stereotypes and prejudices associated with aging. Author Ashton Applewhite argues that ageism is a form of discrimination that is just as harmful as racism or sexism. She calls for a new way of thinking about aging, one that is based on respect, dignity, and equality.

Applewhite's book is full of personal stories from older adults who have faced ageism. These stories are both heartbreaking and inspiring. They show the resilience of the human spirit and the power of positive thinking. Applewhite also provides practical advice on how to fight ageism in our own lives and in our communities.

This Chair Rocks is a must-read for anyone who wants to live a long, healthy, and fulfilling life. It is a powerful and inspiring book that will change the way you think about aging.

Praise for This Chair Rocks

"This Chair Rocks is a powerful and inspiring book that challenges the stereotypes and prejudices associated with aging. Ashton Applewhite argues that ageism is a form of discrimination that is just as harmful as racism or sexism. She calls for a new way of thinking about aging, one that is based on respect, dignity, and equality." - Gloria Steinem

"This Chair Rocks is a must-read for anyone who wants to live a long, healthy, and fulfilling life. It is a powerful and inspiring book that will change the way you think about aging." - Arianna Huffington

"This Chair Rocks is a groundbreaking book that challenges the stereotypes and prejudices associated with aging. Ashton Applewhite writes with passion, humor, and insight. This book is a must-read for anyone who wants to live a long, healthy, and fulfilling life." - Deepak Chopra

About the Author

Ashton Applewhite is an award-winning author, speaker, and activist. She is the author of several books on aging, including This Chair Rocks: A

Manifesto Against Ageism and Cutting Loose: Why Women Who Defy Ageism Find Freedom, Joy, and Meaning. Applewhite is a frequent speaker on the topics of ageism and aging. She has appeared on The Oprah Winfrey Show, The Today Show, and NPR's Fresh Air. Applewhite is also the founder of the Old School, a community for people who are over 50 and who are committed to living a long, healthy, and fulfilling life.

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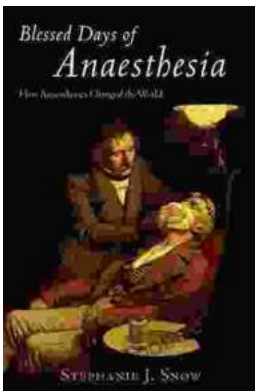
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