**Courageous Aging Book**

**Lead-in Points & Interview Questions**

1. The name of your book, Courageous Aging, implies that aging may be something that takes courage to deal with.
2. From your assessment of how people age these days, is there any truth to the ideas of “40 is the new 30,” “60 is the new 50” ?
3. Our culture in the United States looks at getting older as a bad thing. Do you think that influences that way people feel individually about getting older?
4. In your book Courageous Aging, you highlight many “misconceptions and myths” about getting older...
5. In the chapter two of your book, you ask people to give themselves an aging self-audit. What does that mean?
6. You also discuss “thinking about the mark you want to make” on the world. How do you go about making a mark?