DESCRIPTION

A thoroughly enthralling book that proves the truth of the adage, "with age comes wisdom"

Based on video recorded interviews and extensive surveys of more than 500 Centenarians, this unforgettable book brings you into a world few human beings have ever known. What must it be like to have lived an entire century—and not just any century, but one of the most fertile, productive, cataclysmic, revolutionary hundred-year periods in the history of the human race?

Imagine having navigated all of life's personal milestones against the backdrop of the Jazz Age, the Great Depression, two World Wars, the Space Age, the Digital Age, and 9/11; what stories you would have to tell! In their own words, and with no small measure of good humor, these remarkable men and women tell their stories and share their insights on life, business, making it and losing it, great sorrow and joy—and having lived to tell the tale.

- Distills the wisdom and wit of 500 centenarians into six sections covering the passage of time, career, money, time management, secrets of longevity, and capturing and sharing wisdom

- Full of timeless advice, like "Money cannot make you, but it can break you," with anecdotes about savings, debt, and investing for the long-run—the really, really long run

- Based on over 500 taped interviews and extensive questionnaire surveys developed and conducted by noted experts Steve Franklin and Lynn Peters Adler
Steve Franklin is an author, educator, speaker, businessman and centenarian wannabe. He is passionate about capturing the wisdom, wit, and advice of centenarians across America and energetically sharing it with the younger generation. He co-authored two major business textbooks that were adopted in hundreds of colleges and universities across America, educating thousands of college students about principles of business success. His articles have been published in over 40 publications, and his research has been reported in numerous periodicals throughout the nation including The Christian Science Monitor, Los Angeles Times, Atlanta Journal Constitution, Dallas Morning News, Chicago Tribune and many more. He has appeared on dozens of radio and television programs, including the Gannett Broadcasting “Million Dollar Dreams” series aired throughout the country and watched by millions of viewers.

Dr. Franklin was a tenured professor and associate dean, and received the number one teaching evaluation by students three times at Emory University’s Goizueta Business School. He has consulted with and delivered hundreds of keynote speeches to major organizations throughout North America, Europe, South Africa, and Dubai including Coca-Cola, General Electric, Federal Express, Northwestern Mutual, UPS, AT&T, Johnson and Johnson, IBM, Chick-fil-A. While at Emory, he cofounded the Emory Center for Healthcare Leadership and now serves on the Board of Regents at Oxford University’s Harris Manchester College in England and is the Chairman of the Board of Governors for The American University in Dubai. For the past several years he has visited, videotaped, interviewed, dined, danced, laughed a lot, cried a little, and even exercised with centenarians all across America to capture and share their secrets and love for long and abundant life. Steve’s goal is to live 120 years healthy, wealthy, and wise with his incredible wife, Elaine. He is over halfway there!

Lynn Peters Adler is founder and director of the nonprofit National Centenarian Awareness Project, and is an expert on the lifestyles of active centenarians. For over 20 years she has been an advocate of positive aging. Lynn conducted the first nationwide survey of centenarian lifestyles and is the author of the award-winning book *Centenarians: The Bonus Years*. She co-produced the first centenarian documentary, *Centenarians Tell It Like It Is*, which aired regionally on PBS, and authored an inspirational calendar featuring active centenarians, *Age with Grace: The Centenarian Spirit*, published by Cedco Publishing.

Lynn has been featured in major media, including a CNN special, *Newsweek* and *People* magazines, the *New York Times* and the *Wall Street Journal*, and numerous local and regional media formats. She has appeared on all national television networks as well as various cable stations and radio programs. In 2008 she assisted the production and appeared in a Barbara Walters special, “Living to 150: Can You Do It?,” with four of her centenarian friends. She was a two-term member of the Governor’s Advisory Council on Aging in Arizona, past chairman of the Phoenix Mayor’s Aging Services Commission, and member of the Arizona Attorney General’s Task Force on Elder Abuse. She founded Arizona’s Centenarian Program in 1985–1986, and was
instrumental in helping other states and entities establish similar programs. Lynn is a graduate of Sarah Lawrence College and holds a law degree. She now lives in Fairfield County, Connecticut, and is a writer, speaker, and consultant on centenarians and aging excellently. Her web site, www.adlercentenarians.org, includes the blog *Live to 100 and Beyond* and is the home of the National Centenarian Awareness Project. All proceeds she receives from the sale of *Celebrate 100* will go to furthering the work of NCAP.

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