

Acting Out Culture 2nd Edition

Minimize problem behavior and maximize student success! Acting-out behavior by students manifests in ways that make classroom management and teaching very challenging. Building on a model using seven phases of acting-out behavior presented in the first edition, the newly updated edition draws on new research in applied behavior analysis, sound instructional principles, and functional behavior assessment to deliver a clear roadmap for educators to design interventions in a clear, systematic, and achievable matter. Features include: Managing each phase of the acting-out cycle—from structuring the classroom, to handling escalated behavior, to recovery Case studies that distill concrete action steps from the book's concepts Checklists, tools, resources, and templates for applying the book's principles to any classroom

Black Acting Methods seeks to offer alternatives to the Euro-American performance styles that many actors find themselves working with. A wealth of contributions from directors, scholars and actor trainers address afrocentric processes and aesthetics, and interviews with key figures in Black American theatre illuminate their methods. This ground-breaking collection is an essential resource for teachers, students, actors and directors seeking to reclaim, reaffirm or even redefine the role and contributions of Black culture in theatre arts.

The award-winning anthropologist Sherry B. Ortner draws on her longstanding interest in theories of cultural practice to rethink key concepts of culture, agency, and subjectivity.

Both a critical account of contemporary feminist performance and illustration of its depth and diversity, Acting Out is essential reading for anyone interested in feminist theory, sexual difference, queer theory, or the politics of contemporary performance. Contributors include Philip Auslander, C. Carr, Kate Davy, Joyce Devlin, Elin Diamond, Jill Dolan, Hillary Harris, Lynda Hart, Lynda M. Hill, Julie Malign, Vivian M. Patraka, Peggy Phelan, Janelle Reinelt, Sandra L. Richards, Amy Robinson, Judy C. Rosenthal, Rebecca Schneider, Raewyn Whyte, and Yvonne Yarbro-Bejarano.

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"The Society of the Spectacle" by Guy Debord (translated by Ken Knabb). Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

In recent years, America's criminal justice system has become the subject of an increasingly urgent debate. Critics have assailed the rise of mass incarceration, emphasizing its disproportionate impact on people of color. As James Forman, Jr., points out, however, the war on crime that began in the 1970s was supported by many African American leaders in the nation's urban centers. In *Locking Up Our Own*, he seeks to understand why. Forman shows us that the first substantial cohort of black mayors, judges, and police chiefs took office amid a surge in crime and drug addiction. Many prominent black officials, including Washington, D.C. mayor Marion Barry and federal prosecutor Eric Holder, feared that the gains of the civil rights movement were being undermined by lawlessness—and thus embraced tough-on-crime measures, including longer sentences and aggressive police tactics. In the face of skyrocketing murder rates and the proliferation of open-air drug markets, they believed they had no choice. But the policies they adopted would have devastating consequences for residents of poor black neighborhoods. A former D.C. public defender, Forman tells riveting stories of politicians, community activists, police officers, defendants, and crime victims. He writes with compassion about individuals trapped in terrible dilemmas—from the men and women he represented in court to officials struggling to respond to a public safety emergency. *Locking Up Our Own* enriches our understanding of why our society became so punitive and offers important lessons to anyone concerned about the future of race and the criminal justice system in this country.

In *Acting It Out*, you'll discover how to use drama in your ELA and social studies classrooms to boost student participation and foster critical thinking. With years of experience supervising arts integration programs in Chicago Public Schools, authors Juliet Hart, Mark Onuscheck, and Mary T. Christel offer practical advice for teachers in middle and high schools. Inside, you'll find... Group activities to improve concentration, harness focus, and engage students of all abilities and learning styles in teamwork Close reading exercises that encourage students to think critically and build personal relationships with the text Strategies for integrating active approaches to dramatic literature, such as improvisation and scene work Ideas for using dramatic literature as a springboard for studying history and interdisciplinary studies Annotated reading lists that highlight each play's content and recommended uses in ELA or social studies Throughout the book, you'll also find handy tools such as reflection questions, handouts, and rubrics. By implementing the strategies in this book and allowing students to step into different roles from a text, you'll improve reading comprehension and

energize your classroom!

The transition from President Donald J. Trump to President Joseph R. Biden Jr. stands as one of the most dangerous periods in American history. But as # 1 internationally bestselling author Bob Woodward and acclaimed reporter Robert Costa reveal for the first time, it was far more than just a domestic political crisis. Woodward and Costa interviewed more than 200 people at the center of the turmoil, resulting in more than 6,000 pages of transcripts—and a spellbinding and definitive portrait of a nation on the brink. This classic study of Washington takes readers deep inside the Trump White House, the Biden White House, the 2020 campaign, and the Pentagon and Congress, with vivid, eyewitness accounts of what really happened. *Peril* is supplemented throughout with never-before-seen material from secret orders, transcripts of confidential calls, diaries, emails, meeting notes and other personal and government records, making for an unparalleled history. It is also the first inside look at Biden's presidency as he faces the challenges of a lifetime: the continuing deadly pandemic and millions of Americans facing soul-crushing economic pain, all the while navigating a bitter and disabling partisan divide, a world rife with threats, and the hovering, dark shadow of the former president. "We have much to do in this winter of peril," Biden declared at his inauguration, an event marked by a nerve-wracking security alert and the threat of domestic terrorism. *Peril* is the extraordinary story of the end of one presidency and the beginning of another, and represents the culmination of Bob Woodward's news-making trilogy on the Trump presidency, along with *Fear and Rage*. And it is the beginning of a collaboration with fellow Washington Post reporter Robert Costa that will remind readers of Woodward's coverage, with Carl Bernstein, of President Richard M. Nixon's final days.

Students are bombarded every day with cultural messages laden with unstated rules about what makes our work valuable, our bodies ideal, our connections meaningful. *Acting Out Culture* helps students empower themselves to use writing to speak back to their culture and question its rules. The first two editions have appealed especially to those students who are not full participants in the dominant culture, as well as to their instructors, who want to help those students to see how subtle (and not so subtle) cultural forces can shape their lives—and how they can challenge and resist those forces. The new edition of *Acting Out Culture* builds on that success, providing provocative readings (more than 50 percent of them new) that challenge the rules we live by; pedagogical tools to encourage students to think and write critically about their culture; and instructional support featuring sample syllabi, additional discussion topics, and ideas for teaching with visuals and online content. And now with the new edition, you can meet students where they are: online. Our newest set of online materials, *LaunchPad Solo*, provides all the key tools and course-specific content that you need to teach your class. Get all our great course-specific materials in one fully customizable space online; then assign and mix our resources with yours. To package *LaunchPad Solo* free with *Acting Out Culture*, use ISBN 978-1-319-01052-2.

This best-selling comprehensive book conveys the relevance of sociology by presenting a timely collection of theories, research, and examples -- including its signature first-person accounts that open many chapters. These lived experiences are relevant to students and introduce themes that provide a framework for learning the chapter material. Kendall's vivid and inviting writing style, emphasis on applications, and eye for compelling current examples further highlight sociology's relevance to all students. Now in its eleventh edition, *SOCIOLOGY IN OUR TIMES* is acclaimed for being the first textbook to integrate race, class, and gender issues, and for its thorough presentation of sociological theory, including contemporary perspectives such as feminism and postmodernism. This edition focuses more on social/global change and on the contemporary world, presenting such current debates as bullying and social media abuse, digital-age methods to increase school attendance, food trucks and the spread of culture, modern slavery, and weight bias. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Students are bombarded every day with media messages laden with rules: how true patriots should act, how healthy people eat, what real women should look like. *Acting Out Culture* is the first thematic composition reader to focus students' attention beyond what rules and norms govern their everyday behavior to how the rules themselves have been shaped over time. The author, James Miller, has drawn on his cutting-edge expertise in cultural analysis to help students inquire into those social norms and respond with writing that positions them as citizens making informed decisions about their world.

Cultural messages bombard students daily, laden with unstated rules about what makes our work valuable, our bodies ideal, our connections meaningful. *Acting Out Culture* empowers students to critically read those messages and use writing to speak back to their culture and question its rules. This book appeals especially to those students who are not full participants in the dominant culture, as well as to their instructors, who want to help students see how subtle (and not so subtle) cultural forces can shape their lives--and how they can challenge and resist those forces. The new edition of *Acting Out Culture* builds on that success, with provocative readings (more than 50 percent of them new) that challenge the rules we live by; pedagogical tools to encourage students to read, think, and write critically about their culture; and instructional support featuring sample syllabi, additional discussion topics, and ideas for teaching with visuals and online content.

"Cabinet cards were America's main format for photographic portraiture through last three decades of the nineteenth century. Standardized at 6 1/2-by-4 1/4-inches, they were just large enough to reveal extensive detail, leading to the incorporation of elaborate poses, backdrops, and props. Inexpensive and sold by the dozen, they transformed getting one's portrait made from a formal event taken up once or twice in a lifetime into a commonplace practice shared with friends. The cards reinforced middle class Americans' sense of family. They allowed people to show off their material achievements and comforts, and the best cards projected an informal immediacy that encouraged viewers feel emotionally connected with those portrayed. The phenomenon even led sitters to act out before the camera. By making photographs an easygoing fact of life, the cards set the root for the snapshot and even today's photo sharing. This first-ever in-depth examination of the cabinet card phenomena, assembled by Dr. John Rohrbach, senior curator of photographs at the Amon Carter Museum of American Art, takes the form of a major travelling exhibition and book. The project finds its roots in the work of New York City photography Napoleon Sarony who, starting in the 1860s, made cabinet cards his central tool for marketing the stars of the day. The project reveals how in reaction to the cards' ubiquity, photographers across the United States worked assiduously to set their businesses apart through use of elaborate,

often incongruous, backdrops, overlays, and promotional advertising printed on both sides of the cards. It highlights how the cards transformed photography from a formal event into an avenue for personal expression where sitters took full advantage of photography's realism while openly playing with the medium's believability. In short, cabinet cards made photography modern. Essays by Rohrbach, Salvesen, and Pauwels address how cabinet cards reflected and encouraged the wide embrace of photography (Rohrbach), an in-depth essay on California photographer R. J. Arnold, who built a successful small-town business on the cabinet card (Salvesen), and an essay on New York City photographer Napoleon Sarony's innovative efforts using his patented Posing Apparatus"--

Unravelling the genealogies and permutations of conspiracist worldviews, this work shows how this web of urban legends has spread among sub-cultures on the Internet and through mass media, and how this phenomenon relates to larger changes in American culture.

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people' (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

Students are bombarded every day with media messages laden with rules: what makes our work valuable, our bodies ideal, our communities picture perfect. Acting Out Culture empowers students to use writing to speak back to their culture and question its rules. Featuring fresh readings by writers who lay bare and challenge the rules we live by, the second edition of Acting Out Culture gives students the tools they need to analyze and write critically about assumptions at the heart of cultural norms.

This innovative and widely praised volume uses the dramatic occupation of Tiananmen Square as the foundation for rethinking the cultural dimensions of Chinese politics. Now in a revised and expanded second edition, the book includes enhanced coverage of key issues, such as the political dimensions of popular culture (addressed in a new chapter on C

Acting Out Culture Readings for Critical Inquiry Bedford/St. Martin's

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

The best actor never gets the role. But the right actor always gets hired and if you want to be the right actor, you need to create a well-paved pathway through the traffic jam that can slow you down, divert your attention and create stress behind the wheel of the career you're committed to driving forward. It's your journey and it's time for a career tune up, even if you're just starting out In this revised and expanded Next Edition to his popular book for actors, talent manager, educator and author Brad Lemack tackles the tough challenges actors face in seeking, building and maintaining rewarding careers in the new landscape. From the role of personal ethics and integrity to landing the role of a lifetime, Lemack teaches readers how to navigate through and thrive in a continually changing landscape in an industry challenged to redefine itself and how it does business. Whether you're new to the business or in need of a professional career rebranding, The New Business of Acting: The Next Edition will empower you with a critical perspective on how to create, map out and embark on a life-long journey that will earn you the career-building opportunities you seek.

A startling and profound exploration of how Jewish history is exploited to comfort the living. Renowned and beloved as a prizewinning novelist, Dara Horn has also been publishing penetrating essays since she was a teenager. Often asked by major publications to write on subjects related to Jewish culture—and increasingly in response to a recent wave of deadly antisemitic attacks—Horn was troubled to realize what all of these assignments had in common: she was being asked to write about dead Jews, never about living ones. In these essays, Horn reflects on subjects as far-flung as the international veneration of Anne Frank, the mythology that Jewish family names were changed at Ellis Island, the blockbuster traveling exhibition Auschwitz, the marketing of the Jewish history of Harbin, China, and the little-known life of the "righteous Gentile" Varian Fry. Throughout, she challenges us to confront the reasons why there might be so much fascination with Jewish deaths, and so little respect for Jewish lives unfolding in the present. Horn draws upon her travels, her research, and also her own family life—trying to explain Shakespeare's Shylock to a curious ten-year-old, her anger when swastikas are drawn on desks in her children's school, the profound perspective offered by traditional religious practice and study—to assert the vitality, complexity, and depth of Jewish life against an antisemitism that, far from being disarmed by the mantra of "Never forget," is on the rise. As Horn explores the (not so) shocking attacks on the American Jewish community in recent years, she reveals the subtler dehumanization built into the public piety that surrounds the Jewish past—making the radical argument that the benign reverence we give to past horrors is itself a profound affront to human dignity.

#1 NEW YORK TIMES BESTSELLER • Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor's unflinching honesty, unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN "McConaughey's book invites us to grapple with the lessons of his life as he did—and to see that the point was never to win, but to understand."—Mark Manson, author of The Subtle Art of Not Giving a F*ck I've been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges—how to get relative with the inevitable—you can enjoy a state of success I call "catching greenlights." So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it's medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

Commentators from Bill Cosby to Barack Obama have observed the phenomenon of black schoolchildren accusing studious classmates of "acting white." How did this contentious phrase, with roots in Jim Crow-era racial discord, become a part of the schoolyard lexicon, and what

does it say about the state of racial identity in the American system of education? The answer, writes Stuart Buck in this frank and thoroughly researched book, lies in the complex history of desegregation. Although it arose from noble impulses and was to the overall benefit of the nation, racial desegregation was often implemented in a way that was devastating to black communities. It frequently destroyed black schools, reduced the numbers of black principals who could serve as role models, and made school a strange and uncomfortable environment for black children, a place many viewed as quintessentially "white." Drawing on research in education, history, and sociology as well as articles, interviews, and personal testimony, Buck reveals the unexpected result of desegregation and suggests practical solutions for making racial identification a positive force in the classroom.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

Universally acclaimed, rapturously reviewed, winner of the National Book Critics Circle Award for autobiography, and an instant New York Times bestseller, Chanel Miller's breathtaking memoir "gives readers the privilege of knowing her not just as Emily Doe, but as Chanel Miller the writer, the artist, the survivor, the fighter." (The Wrap). "I opened *Know My Name* with the intention to bear witness to the story of a survivor. Instead, I found myself falling into the hands of one of the great writers and thinkers of our time. Chanel Miller is a philosopher, a cultural critic, a deep observer, a writer's writer, a true artist. I could not put this phenomenal book down." --Glennon Doyle, #1 New York Times bestselling author of *Love Warrior* and *Untamed* "*Know My Name* is a gut-punch, and in the end, somehow, also blessedly hopeful."

--Washington Post She was known to the world as Emily Doe when she stunned millions with a letter. Brock Turner had been sentenced to just six months in county jail after he was found sexually assaulting her on Stanford's campus. Her victim impact statement was posted on BuzzFeed, where it instantly went viral--viewed by eleven million people within four days, it was translated globally and read on the floor of Congress; it inspired changes in California law and the recall of the judge in the case. Thousands wrote to say that she had given them the courage to share their own experiences of assault for the first time. Now she reclaims her identity to tell her story of trauma, transcendence, and the power of words. It was the perfect case, in many ways--there were eyewitnesses, Turner ran away, physical evidence was immediately secured. But her struggles with isolation and shame during the aftermath and the trial reveal the oppression victims face in even the best-case scenarios. Her story illuminates a culture biased to protect perpetrators, indicts a criminal justice system designed to fail the most vulnerable, and, ultimately, shines with the courage required to move through suffering and live a full and beautiful life. *Know My Name* will forever transform the way we think about sexual assault, challenging our beliefs about what is acceptable and speaking truth to the tumultuous reality of healing. It also introduces readers to an extraordinary writer, one whose words have already changed our world.

Entwining pain, resilience, and humor, this memoir will stand as a modern classic. Chosen as a BEST BOOK OF 2019 by The New York Times Book Review, The Washington Post, TIME, Elle, Glamour, Parade, Chicago Tribune, Baltimore Sun, BookRiot

THE #1 NEW YORK TIMES BESTSELLER IS NOW A MAJOR-MOTION PICTURE DIRECTED BY RON HOWARD AND STARRING AMY ADAMS, GLENN CLOSE, AND GABRIEL BASSO "You will not read a more important book about America this year."—The Economist "A riveting book."—The Wall Street Journal "Essential reading."—David Brooks, New York Times *Hillbilly Elegy* is a passionate and personal analysis of a culture in crisis—that of white working-class Americans. The disintegration of this group, a process that has been slowly occurring now for more than forty years, has been reported with growing frequency and alarm, but has never before been written about as searingly from the inside. J. D. Vance tells the true story of what a social, regional, and class decline feels like when you were born with it hung around your neck. The Vance family story begins hopefully in postwar America. J. D.'s grandparents were "dirt poor and in love," and moved north from Kentucky's Appalachia region to Ohio in the hopes of escaping the dreadful poverty around them. They raised a middle-class family, and eventually one of their grandchildren would graduate from Yale Law School, a conventional marker of success in achieving generational upward mobility. But as the family saga of *Hillbilly Elegy* plays out, we learn that J.D.'s grandparents, aunt, uncle, sister, and, most of all, his mother struggled profoundly with the demands of their new middle-class life, never fully escaping the legacy of abuse, alcoholism, poverty, and trauma so characteristic of their part of America. With piercing honesty, Vance shows how he himself still carries around the demons of his chaotic family history. A deeply moving memoir, with its share of humor and vividly colorful figures, *Hillbilly Elegy* is the story of how upward mobility really feels. And it is an urgent and troubling meditation on the loss of the American dream for a large segment of this country.

Tinderbox tells the exclusive, explosive, uninhibited true story of HBO and how it burst onto the American scene and screen to detonate a revolution and transform our relationship with television forever. *The Sopranos*, *Game of Thrones*, *Sex and the City*, *The Wire*, *Succession*...HBO has long been the home of epic shows, as well as the source for brilliant new movies, news-making documentaries, and controversial sports journalism. By thinking big, trashing tired formulas, and killing off clichés long past their primes, HBO shook off the shackles of convention and led the way to a bolder world of content, opening the door to all that was new, original, and worthy of our attention. In *Tinderbox*, award-winning journalist James Andrew Miller uncovers a bottomless trove of secrets and surprises, revealing new conflicts, insights, and analysis. As he did to great acclaim with SNL in *Live from New York*; with ESPN in *Those Guys Have All the Fun*; and with talent agency CAA in *Powerhouse*, Miller continues his record of extraordinary access to the most important voices, this time speaking with talents ranging from Abrams (J. J.) to Zendaya, as well as every single living president of HBO—and hundreds of other major players. Over the course of more than 750 interviews with key sources, Miller reveals how fraught HBO's journey has been, capturing the drama and the comedy off-camera and inside boardrooms as HBO created and mobilized a daring new content universe, and, in doing so, reshaped storytelling and upended our entertainment lives forever.

Stop Acting Your Age, Start Living Your Life gives the reader a full menu of new opportunities to get a fresh start at life. It's your chance to re-invent yourself and start living life on your own terms. Become an interesting character whose life story reads like an adventure novel. Break out of those tired, worn-out social conventions that confine adults to a passive, isolated existence; sitting on the sofa waiting for the phone to ring, or the Grim Reaper to call. Out with the old-old and in with the new, modern maturity. In other words, STOP ACTING YOUR AGE so you can START LIVING YOUR LIFE. Time to YOUTH'N UP, discover the newfound ways to make your life youthful, again. All you need to get started is a new attitude about your potential and life-chances. Follow the author's nine-step, YOUTH'N UP formula to achieve active aging and adventurous retirement. Become a ZOOMER ... a boomer with Zip! The YOUTH'N UP formula is founded on the author's meta-analysis of research findings in peer-reviewed journals on preventive medicine, psychology, sociology and retirement living. Step-by-step, readers learn what experts have discovered about extending the youthful years of life. Age is just a number, as demonstrated by "older" people who look, feel and act decades younger than their chronological age. Readers learn the essentials of a total fitness lifestyle such as sound nutrition and dietary habits, brain boosting neurobics, improved body strength, increased energy, growing your social network, connecting to your higher power, achieving retirement-readiness and the pursuit of an AgeVenturous life. Readers are introduced to ZOOMER role-models, profiles of real people, not celebrities who possess an arsenal of personal trainers, life coaches and executive chefs. But rather, people just like you who have managed, on their own, to re-invent themselves and brighten their future. Be sure to take the author's Life-Stretcher quiz that measures the reader's progress toward achieving a genuine ZOOMER lifestyle. Become Age-Smart, then remain constantly current with listings of authoritative sources of information. Learn how to distinguish between "pop-culture hype" and the "real thing" (trustworthy research on

successful aging and active retirement). Welcome aboard the ZOOMER style of life, where "Retirement is more a state of mind, than a stage of life."

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