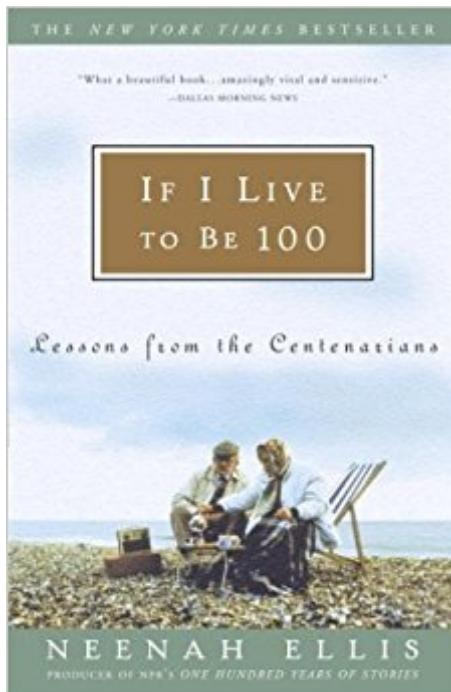


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# If I Live To Be 100: Lessons From The Centenarians



## **Synopsis**

Neenah Ellis's New York Times bestselling *If I Live to Be 100* takes us inside the world of the very old and invites us to learn from them the art of living well for an exceptionally long period of time. Their stories add up to a course in living, with lessons and inspiration for all of us.

## **Book Information**

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## **Customer Reviews**

For the National Public Radio series *One Hundred Years of Stories*, broadcast two years ago, Ellis interviewed Americans at least 100 years old some of them ailing or confused in their thinking, others completely coherent, lively and full of fascinating tales from the past and insightful wisdom gleaned from a century of living. The poignancy of a prolific writer and Hollywood veteran who can't remember enough to participate in the interview is offset by a woman who lives alone, still rows her own boat and occasionally skinny-dips, and by a man who marries for the third time at 103. Ellis reveals little of her own life here, and withholds any intimate introspection when, for example, a 101-year-old law professor describes his regret at spending so much time on his work rather than having a family and points out that Ellis's childless lifestyle is similar. On the other hand, she abandons straight journalism by indulging in a long tangent about "limbic resonance," or getting absorbed in someone's telling of a story. She concludes that "emotional connection with another person is all that will make you happy," but she tells readers this rather than letting her interviewees speak for themselves. If Ellis had stuck with the subjects' own voices and fleshed out their stories in more detail, this might have been a powerful oral history of America in the 20th century. Instead, it reads like a radio show brief quotes with a few sound bites of editorialization.

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What if you could look into the future and learn what your life would be like during your final years? Undoubtedly you'd expect images of isolation and nursing homes, but Ellis shows us this isn't always the case through conversations with 15 exceptional centenarians she interviewed for her acclaimed NPR series, "One Hundred Years of Stories." From Anna Wilmot, still rowing her own boat on a Massachusetts lake, to R. L. Stamper, still preaching the gospel and looking for love, their stories are poignant and powerful, simple and sweet. Ellis struggles at first to find her voice, and theirs, and in the process learns perhaps the most important lesson the centenarians can offer: how to listen. As a professional journalist, Ellis first approached the project with the goal of accumulating information but in time came to realize there was more to be gained by acquiring knowledge, the kind of wisdom that can only be found when you listen closely to those who have lived long and lived well. Carol HaggasCopyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

This was a pretty good read which was based on conversations and real life stories of Centenarians and formed the basis for a National Public Radio series called "One Hundred Years of Stories." throughout the book, i got the sense the author was inconvenienced at having to take up a significant amount of her personal time. The books title does live up its name and i recommend this book to anyone who shares a curious nature with the Centenarian's and the human condition.

This book has format of each chapter being a different person's story and the author/journalist's understanding of her work at the end, which keeps each individual's life tale pretty much separate from the interviewer's input. It is fascinating to read and perfect for a gift.

I heard the series on NPR and found it fascinating. Neenah's book and the series are most inspiring. I appreciate her story, her concerns, her feelings. I am happy it is not just a book about the lives of her interview subjects. I just finished re-reading the book and am now promoting it to family and friends. There are so many quotable words. It will help me in my quest to live fully to 100, now that I am 74 and living an active, healthy, optimistic life-style. Planning for the years ahead, of course, includes "the next phase", whatever it might be.

This is one of the sweetest books I've ever read. I ordered it for my Book Club meeting later this month. If you are drawn to the "kupuna" (old folks) as they are called in Hawaii, you will be fulfilled by this collection of stories. Kupuna are treasured in Hawaii for their wisdom and accumulated knowledge. Their companionship is sought after and this author got it just right.

Some of these essays are a lot better and more interesting than others. The concept is good

I found this book in a motel room, read a couple chapters and decided it was interesting enough to download onto my Kindle. It was a horizon-broadening experience. The only book I know about that specializes in centenarians. This "read" also helped somewhat in my perspective about my own 94 year-old mom.

Gave this to my daughter for Christmas and she loved it! Will be borrowing it soon!

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gave this to my mother who is 101.

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