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### **30 Lessons For Living Tried**

"For five years, Karl Pillemer sat down with more than 1,000 older Americans-most of them between the ages of 70 and 100-to talk about lessons for living well. In the

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resulting book, 30  
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Americans,... Pillemer,  
a gerontologist at  
Cornell, has culled 30  
life lessons from his  
"experts," ranging from  
the practical to the  
profound.

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**30 Lessons for**  
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**Living: Tried and  
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He founded the  
Marriage Advice  
Project, which  
surveyed hundreds of  
older Americans on  
their advice on love  
and marriage. He is the  
author of a number of  
books, including "30  
Lessons for Living:  
Tried and True Advice  
from the Wisest  
Americans," and

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...  
"For five years, Karl Pillemer sat down with more than 1,000 older Americans-most of them between the ages of 70 and 100-to talk about lessons for living well. In the resulting book, 30 Lessons for Living: Tried and True Advice From the Wisest Americans, ... Pillemer,



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profound.

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Living: Tried and  
True Advice from the**

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30 Lessons for Living:  
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Cornell, has culled 30 life lessons from his “experts,” ranging from the practical to the profound. How to raise children? How to think about dying?

**30 Lessons for  
Living by Karl  
Pillemer, Ph.D ...**

In the resulting book, 30 Lessons for Living: Tried and True Advice From the Wisest Americans, to be published next month,

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Cornell, has culled 30  
life lessons from his...  
The Wisest

**30 Lessons for  
Living: Life Advice  
From the Oldest  
Americans**

Like This I Believe,  
StoryCorps's Listening  
Is an Act of Love, and  
Tuesdays with Morrie,  
30 Lessons for Living is  
a book to keep and to  
give. Offering clear  
advice toward a more

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fulfilling life, it is as useful as it is inspiring.

Availability: Usually ships in 5~10 business days.

## Americans **30 Lessons for Living: Tried and True Advice from the**

...

"For five years, Karl Pillemer sat down with more than 1,000 older Americans-most of them between the ages of 70 and 100-to talk about lessons for

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living well. In the  
resulting book, 30  
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Living: Tried and  
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30 Lessons For Living.  
So what did they have  
to say? Happiness is  
Your Responsibility  
“Young man,” she said  
“you will learn, I hope,

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that happiness is what you make it, where you are. Why in the world would I be unhappy? People here complain all the time, but not me. It's my responsibility to be as happy as I can, right here, today."

### **30 Lessons For Living**

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30 Lessons for Living:  
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from the Wisest  
Americans. Karl A.  
Pillemer. Thorndike  
Press, Apr 20, 2012 -  
Self-Help - 409 pages.  
4 Reviews. After a  
chance encounter with  
an extraordinary ninety-  
yearold, renowned  
gerontologist Karl  
Pillemer wondered  
what older people



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...

Renowned  
gerontologist Karl A.  
Pillemer interviewed  
more than one  
thousand Americans  
over the age of 65 to  
get advice on all of  
life's issues from family  
and children to money

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and careers. Their...  
Living Tried And  
**"30 Lessons for  
Living" author Karl  
A. Pillemer shares ...**

30 Lessons for Living:  
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from the Wisest  
Americans by Karl  
Pillemer [Disclaimer:  
This is not meant to be  
a book summary or  
book review. This is  
just stuff in the book  
that I found personally  
valuable or interesting  
at the time of reading.

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Americans. Karl  
Pillemer, Ph.D.  
Penguin, Nov 10, 2011-  
Self-Help- 288 pages.  
6Reviews. "Heartfelt  
and ever-  
endearing—equal

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parts...  
Living Tried And  
**30 Lessons for  
Living: Tried and  
True Advice from the  
Americans**

Pillemer, author of “ 30  
Lessons for Living:  
Tried and True Advice  
from the Wisest  
Americans ,” and his  
team interviewed  
1,500 people over 65  
about what haunts  
them most about their  
life choices.

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**How to live life  
without regrets: 8  
lessons from ... -  
TODAY**

30 lessons for living :  
tried and true advice  
from the wisest  
americans Pillemer,  
Karl, D, Ph "Heartfelt  
and ever-  
endearing—equal parts  
information and  
inspiration. This is a  
book to keep by your  
bedside and return to  
often."—Amy  
Dickinson, nationally

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Karl Pillemer, the Hazel E. Reed Professor in the College of Human Ecology's Department of Human Development, began a 10-year project interviewing older Americans in 2003, his research described in his 2012 book, "30

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The Wisest  
Americans.”

**The Legacy Project |  
Lessons for Living  
from the Wisest ...**

Praise for 30 LESSONS  
FOR LIVING: “As he  
dispenses concrete,  
practical advice on how  
to make the most of  
our lives, Cornell  
gerontologist Pillemer  
turns for answers to  
our elders—those he

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believes are the experts, with the enormous advantage of life experience, whose limits have been tested by illness, danger, failure, oppression, and loss.

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30 lessons for living :  
tried and true advice  
from the wisest  
Americans. [Karl A  
Pillemer] -- More than



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one thousand  
extraordinary  
Americans share their  
stories and the wisdom  
they have gained on  
living, loving, and  
finding happiness.  
Pillemer interviewed  
people over the age of  
sixty-five to ...

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