



THE MIDWEST BOOK REVIEW

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Library Bookwatch: July 2017
James A. Cox, Editor-in-Chief
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Reviewer's Choice

Too Young to Be Old
Nancy K. Scholssberg
American Psychological Association
750 First Street, NE, Washington, DC 20002-4242
www.apa.org/books
9781433827495, \$19.95, PB, 182pp, www.amazon.com

As the "Baby Boomer" generation reaches retirement age, an unprecedented number of Americans will soon be 55 or older. More so than ever before, the question on our minds is: How do I age well? "Too Young to Be Old: Love, Learn, Work, and Play as You Age " by Nancy K. Schlossberg (Professor Emerita of Counseling and Personnel Services at the University of Maryland) is accessible and upbeat guide that builds on the concepts Professor Schlossberg first pioneered in her popular books *Retire Smart*, *Retire Happy* and *Revitalizing Retirement* with an engaging take on positive aging. Looking at the basic issues of aging health, finances, relationships, and how to live more creatively readers will be able to think about and develop a deliberate plan to age happily. Thoroughly 'reader friendly' in organization and presentation, impressively informative and ultimately inspiring, "Too Young to Be Old" is highly and unreservedly recommended for Senior Citizen Center, community, and academic library collections. It should be noted for personal reading lists that "Too Young to Be Old" is also available in a Kindle format (\$15.38).