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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, a gerontologist at Cornell, has culled 30 life lessons from his "experts," ranging

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from the practical to the profound.

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He founded the Marriage Advice Project, which surveyed hundreds of older

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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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to raise children? How to think about
dying?

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In the resulting book, 30 Lessons for
Living: Tried and True Advice From the
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Cornell, has culled 30 life lessons from his...

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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.

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"For five years, Karl Pillemer sat down with more than 1,000 older Americans-

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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,...

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30 Lessons For Living. So what did they

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have to say? Happiness is Your Responsibility “Young man,” she said “you will learn, I hope, 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.”

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30 Lessons For Living

"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, a gerontologist at Cornell, has culled 30

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life lessons from his "experts," ranging from the practical to the profound.

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30 Lessons for Living: Tried and True Advice from the Wisest Americans. Karl A. Pillemer. Thorndike Press, Apr 20, 2012 - Self-Help - 409 pages. 4 Reviews.

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After a chance encounter with an extraordinary ninety-yearold, renowned gerontologist Karl Pillemer wondered what older people know about life that the rest of us don't. His quest led him to ...

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30 Lessons for Living: Tried and True Advice from the Wisest Americans. Karl Pillemer, Ph.D. Penguin, Nov 10, 2011- Self-Help- 288 pages. 6Reviews.

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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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Pillemer, Karl, D, Ph "Heartfelt and ever-
endearing—equal parts information and
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Dickinson, nationally syndicated advice columnist "Ask Amy"

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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

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interviewing older Americans in 2003, his research described in his 2012 book, "30 Lessons for Living: Tried and True Advice from the Wisest Americans."

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on how to make the most of our lives, Cornell gerontologist Pillemer turns for answers to our elders—those he 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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