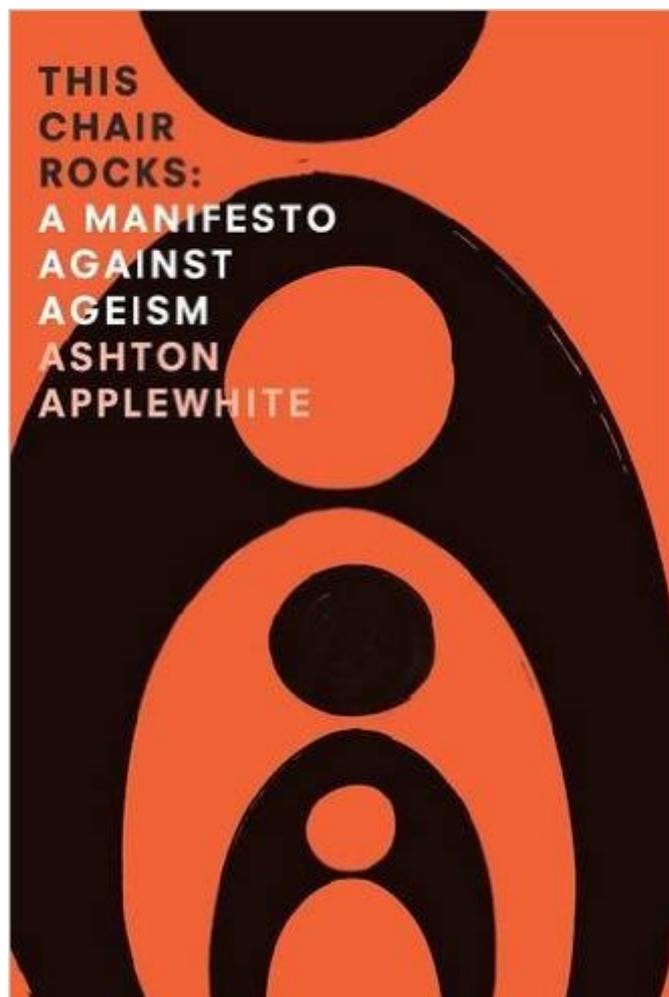


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# This Chair Rocks: A Manifesto Against Ageism



## Synopsis

From childhood on, we're barraged by messages that it's sad to be old. That wrinkles are embarrassing, and old people useless. Author and activist Ashton Applewhite believed them too until she realized where this prejudice comes from and the damage it does. Lively, funny, and deeply researched, *This Chair Rocks* traces Applewhite's journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life. The book explains the roots of ageism in history and in our own age denial and how it divides and debases, examines how ageist myths and stereotypes cripple the way our brains and bodies function, looks at ageism in the workplace and the bedroom, exposes the cost of the all-American myth of independence, critiques the portrayal of elders as burdens to society, describes what an all-age-friendly world would look like, and concludes with a rousing call to action. It's time to create a world of age equality by making discrimination on the basis of age as unacceptable as any other kind. Whether you're older or hoping to get there, this book will shake you by the shoulders, cheer you up, make you mad, and change the way you see the rest of your life. Age pride!

## Book Information

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## Customer Reviews

I love this book- Applewhite is funny, knowledgeable, and radical. I for one am sick of being I need to "fight aging" - if I fight aging, I am fighting living. Applewhite's activism of "naming, claiming and de-shaming" is a crucial set of rules for us all to practice. I WANT to get old, I'll be lucky if I do. Inspired by this book, this year, I will not have a birthday party, but an AGING PARTY. A must read.

Having been through consciousness-raising in the late 60's around discrimination against women, I know how it feels to have the blindfold ripped off and to see things clearly that were completely invisible before. That is what this awesome book did for me around age discrimination. It's highly readable and meticulously researched while at the same time being trenchant and funny. In the days since I finished reading it, I've been observing my own attitudes and the things that happen around me in a whole new way. I see ageism EVERYWHERE, and not least between my own ears. Many of my own actions are motivated by the desire not to appear "old", and I need to work on that. If you hope to get old someday, read this book. If enough people do, and then take action, there might just be a chance that the world will be "older-friendly" by the time you get there.

Many of you reading the word ageism will probably have a reaction similar to mine. Among the many negative -isms, racism, sexism, jingoism, authoritarianism--ageism was a barely perceptible blip on my radar. Ashton Applewhite's recently published book, *This Chair Rocks--A Manifesto against Ageism*--beautifully describes why we should care and, almost as importantly, why we should combat ageism. It is both a well researched treatise on ageism and its consequences and engaging personal story of a journey to understand why and how ageism is so prevalent in our society. Ageism is a wonderful example of the adage "We have met the enemy and he is us." What we all should remember is that the ageist of today is the elder of tomorrow. It is a challenging and important book and I hope you will all buy it and read it.

If you are older today than you were yesterday, you should read this book. If you love someone who is older today than they were yesterday, you should buy this book for them. If you're young, you should read this book because it will inoculate you against the pernicious consequences of ageism. If you're middle aged, you should read this book because it will help you prepare for the joy, health, and emotional well-being that are rightfully yours as you ascend back up the U shaped happiness curve. If you're old, you should read this book because it will help you rid yourself of the toxicity of internalized ageism that has been indoctrinated into you since your youth. This book is important. It brings to light a problem from which every single American suffers, but about which very few of us are aware. It's smart, insightful, well researched, carefully documented and thoughtfully organized. But don't let that scare you; it's also warm, personal, funny, and exceptionally compelling. Ashton Applewhite writes with wit, pace and candor and her joy in the process is palpable. I guarantee you, if you read this book, you'll be glad you did...and if you buy it for someone you love, they will be glad you did. This book rocks.

I honestly didn't think I had much room for "consciousness-raising" about this subject. Boy, was I wrong. Reading this book has been almost trippy, due to how much energy it has poured into dormant aspects of my thinking. I'm in late middle age now, and I feel so much better about what's coming next after reading this book - not because it's filled with moronic, feel-good, "inspirational" bromides, which I detest, but because it interjects facts where there had hitherto only been assumption and stereotypes. I worry a lot about ageism in the workplace, and This Chair Rocks has given me a major shot of courage on that front. I really look forward to seeing a movement grow out of this book, and I plan to be part of it. Everyone should read it, of every age, in my opinion.

Now I see. In recent years I have been known to do my share of writing (such as Letter to the Editor) poking fun at aging, my own in particular. I have also heard my share of blaming "the elderly" for the problems in our economy. Already I am looking at things differently. The call to free all of us from compartments of life reminded me as well of the classic "The Three Boxes of Life." Thanks to the 2008 economic "downturn" I was let go earlier than I had imagined retiring. With the publication of this book, it is time for me to become more aware of ageism and its impact on my internal being. I am grateful for this writing and the years of work and experience behind it.

A liberating read. Forget everything you've been told about how you should behave, dress, or socialize once you've reached a certain age. This is the ultimate "be yourself" treatise for those of us who refuse to be relegated to the sidelines. Thank you, Ms Applewhite, for stripping away the misinformation about our later years. There is much learning, loving and living to do well beyond the boundaries we set for ourselves based upon our assumptions of who we will be when we're "old". A must read for anyone no matter what age.

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