

## LearningLife Encore! Fest

### Recommended Reading

Most of these books were available for sale at the Fest, and we've also added a few that presenters and participants recommended. The brief information about each book is copied from amazon.com, either from product descriptions or editorial reviews.

If anyone is interested in blogging about one of these books on the LearningLife **Beyond the Book** site, we would love to hear from you. Please e-mail LearningLife director Andy Gilats (learning@umn.edu) to learn more.

#### **Donna Bennett**

##### ***When You Lose Your Job***

Job loss seems to be everywhere these days, but no matter how often it happens a person may feel ill-prepared to face the many emotions that accompany it. Donna Bennett offers readers a brief guide to getting through the first days and weeks of a job loss, and suggestions for getting the next position off to a great start.

#### **David Bornstein**

##### ***How To Change the World: Social Entrepreneurs and the Power of New Ideas***

This book has become the Bible for social entrepreneurship. It profiles men and women from around the world who have found innovative solutions to a wide variety of social and economic problems. Whether they work to deliver solar energy to Brazilian villagers, or improve access to college in the United States, social entrepreneurs offer pioneering solutions that change lives.

#### **William Bridges**

##### ***Transitions: Making Sense of Life's Changes***

Whether it is chosen or thrust upon you, change brings both opportunities and turmoil. William Bridges takes readers step by step through the three stages of any transition: The Ending, The Neutral Zone, and, in time, The New Beginning.

#### **Dan Buettner**

##### ***The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest***

With the right lifestyle, experts say, chances are that you may live up to a decade longer. What's the prescription for success? National Geographic Explorer Dan Buettner has traveled the globe to uncover the best strategies for longevity found in the Blue Zones: places in the world where higher percentages of people enjoy remarkably long, full lives.

#### **Robert Butler**

##### ***The Longevity Revolution: The Benefits and Challenges of Living a Long Life***

Butler, who coined the term ageism, founded the National Institute on Aging. In this book, he examines the health, economic and social consequences of the growing elderly population. He urges the need to reinvent ourselves to stay in the workforce and presents a strong argument why

everyone, from individuals to doctors, marketers and policy makers, should pay far more attention to the growing elderly population worldwide.

**Gene Cohen**

***The Mature Mind***

Old dogs can learn new tricks, says psychiatrist Cohen, drawing on the latest studies of the aging brain and mind. In fact, new scanning technologies show that in some ways the aging brain is more flexible than younger ones. Cohen introduces the concept of developmental intelligence, a "maturing synergy of cognition, emotional intelligence, judgment, social skills, life experience, and consciousness."

**David Corbett**

***Portfolio Life: The New Path to Work, Purpose, and Passion After 50***

As founder and CEO of New Directions, which coaches older workers on making the transition from working to life after a career, author Corbett points out that reprioritizing may be more rewarding than simply stopping working. He encourages readers to focus on building a portfolio of skills, which allows them to shuffle their skills in the same way they would remix a financial portfolio, rather than follow a linear career trajectory.

**Leslie Crutchfield and Heather McLeod Grant**

***Forces for Good: The Six Practices of High-Impact Nonprofits***

"Through extensive surveys and interviews, the authors develop six practices common to high-impact nonprofits: offering advocacy efforts and service, harnessing market forces and leveraging the power and resources of business, engaging individuals from outside the organization, working with and through other organizations, learning to adapt, and sharing leadership by empowering others."

**Ram Dass and Paul Gorman**

***How Can I Help? Stories and Reflections on Service***

In this practical helper's companion, the authors provide support and inspiration for us as volunteers, as members of the helping professions, or simply as friends or families trying to meet each other's needs.

**David DeLong**

***Lost Knowledge: Confronting the Threat of an Aging Workforce***

How do organizations transfer the critical expertise and experience of their employees before that knowledge walks out the door? The book outlines the broad issues and presents some best practices for retaining knowledge.

**John Elkington and Pamela Hartigan**

***The Power of Unreasonable People: How Social Entrepreneurs Create Markets That Change the World***

This eye-opening work – bridging business acumen and social awareness – makes a convincing case for unconventional entrepreneurship.

**Rachael Freed*****Women's Lives, Women's Legacies: Passing Your Beliefs and Blessings to Future Generations***

This book shows women how to create an enduring document that expresses who they are, what they value, and how they want to be remembered. Women can use the book to reclaim the legacies their ancestors have given them; clarify and refine their own dreams and goals; and communicate their blessings, wisdom, and love to future generations.

**Marc Freedman*****Encore: Finding Work That Matters in the Second Half of Life***

“Freedman persuasively argues that later years can offer freedom to work in more flexible, meaningful ways, rather than only a time to be free from work.” (*Minneapolis Star Tribune*)  
"Marc Freedman has become the voice of aging baby boomers who are eschewing retirement for...meaningful and sustaining work later in life." (*New York Times*)

***Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America***

Marc Freedman predicts that "a new kind of aging" will soon bring new life to America. In *Prime Time*, he writes that the baby boomers will turn their golden years into an intense time of social activism, volunteerism, and lifelong learning. "The boomers will not accept the old notions of later life and retirement – they will refuse to remove themselves, go away or put up with being taken 'out of use or circulation'," writes Freedman. However, to harness that energy for society's benefit, Freedman argues, government and business need to create programs that capitalize on baby boomers' love of learning and community service. The country also needs to wipe out ageism and other barriers.

**John Gardner*****Self-Renewal: The Individual and the Innovative Society***

Gardner's is not a 'how-to-do-it' book for the conduct of modern society. It is something rarer these days and more basic: a 'why-to-do-it' book. Its impact on many readers is bound to be challenging and stimulating and even inspirational.

**James Hollis*****What Matters Most: Living a More Considered Life***

What truly matters the most in life? Taking a fresh look at the concept of happiness, Hollis encourages readers to learn to tolerate ambiguity, embrace growth rather than security, respect the power of Eros, engage spiritual crises, and acknowledge the shadow of mortality. He guides readers in uncovering the heart of the matter, discovering what it means to truly live life to its fullest, most meaningful state – as fully engaged citizens of the world.

**Herminia Ibarra*****Working Identity: Unconventional Strategies for Reinventing Your Career***

Recent changes in the economy have left a large segment of the workforce at odds with their careers, with downsizing and disillusionment causing many to rethink their place in the corporate world or even consider abandoning a profession they no longer find fulfilling. Ibarra believes that there is no "one perfect job" for each individual. We each experiment and find our way through trial and error, hopefully on the path of becoming who we really are. This book is

designed to help those who are on that path but feel stuck because they feel they should be doing something completely different but don't know what it is yet.

### **Richard Leider**

#### ***Something to Live For: Finding Your Way in the Second Half of Life***

The second half of life is a journey into unknown territory. The authors share stories from their own lives and of others facing midlife and beyond, stories that exemplify the qualities of authenticity and wholeheartedness that are the essential components of vital aging. And they offer up positive practices that can help us save and savor the world: live an authentic life of purpose and meaning while balancing our lives with vitality and joy.

#### ***Claiming Your Place at the Fire: Living the Second Half of Your Life on Purpose***

If you've just received your AARP membership card and wonder what comes next, you might find some help from Leider and Shapiro, co-authors of *Repacking Your Bags*. This book is for "people who are ready to stoke the wisdom gained in the first half of their lives to burn with a brighter sense of purpose in the second half."

#### ***Repacking Your Bags: Lighten Your Load for the Second Half of Life***

This classic bestseller helps readers of all ages—from new college graduates to recent retirees—develop a practical strategy for achieving their own vision of the good life, elegantly defined by the authors as "living in the place I belong, with the people I love, doing the right work, on purpose."

### **Phyllis Moen**

#### ***The Career Mystique: Cracks in the American Dream***

Moen examines taken-for-granted rules of the career game, including the idea that continuous, full-time, hard work pays off. Possibilities of fulfilling the career mystique are dwindling, given insecurities and risks of a global economy, strains and double demands on the job and at home, and uncertainties and ambiguities around retirement. This outdated myth stands in the way of fashioning innovative policies more in keeping with life in 21st-century America.

#### ***It's About Time: Couples and Careers***

How do two-career couples manage in a one-career world? This book broadens our understanding of occupational and family career strategies couples use in light of the widening gap between their real lives and the outdated work-hour and career-path roles, rules, and regulations they confront. Moen argues that it is essential to re-imagine and reconfigure work hours, work weeks, and occupational career paths in ways that address the widening gaps between the time needs and goals of workers and their families, at all ages and stages of the life course.

### **Laura Gassner Otting**

#### ***Change Your Career: Transitioning to the Nonprofit Sector***

"The phenomenon of the baby boom generation turning 60 provides America with new assets in the form of unprecedented human capital. Laura Gassner Otting will help you catalyze a lifetime of experience and learning into a deeply meaningful second, third or fourth career." (Marc Freedman, CEO of Civic Ventures)

**Daniel Pink*****Free Agent Nation: The Future of Working for Yourself***

Over 25 million Americans are now self-employed, and fewer than one in ten works for a Fortune 500 company. This book synthesizes the seismic shift in attitudes about and patterns of work in the economy from the early 1950s era of William Whyte's *The Organization Man* to today's independent worker, the free agent. Pink astutely summarizes what this major shift in the definition of employment now means to millions of Americans and explains the various types of free agents (including soloists, temps, and those involved in their own microbusinesses).

***A Whole New Mind: Why Right Brainers Will Rule the Future***

Pink argues that business and everyday life will soon be dominated by right-brain thinkers. He identifies the roots and implications of transitioning from a society dominated by left-brain thinkers into something entirely different.

**Robert Putnam*****Bowling Alone: The Collapse and Revival of American Community***

In this landmark study, Putnam, a professor of sociology at Harvard, charts the grievous deterioration over the past two generations of the organized ways in which people relate to one another and partake in civil life in the United States. Putnam claims that the American population is increasingly isolated and less empathetic toward its fellow citizens, that it is often angrier and less willing to unite in communities or as a nation. He concludes with a set of potential solutions, such as educational programs, work-based initiatives and funded community-service programs.

**Studs Terkel*****Coming of Age: Growing Up in the Twentieth Century***

To reclaim our lost sense of history and to renew respect for our elders, Terkel interviewed 69 individuals who have come of age in the latter part of the 20th century. The youngest is 70, the oldest, 99. Some are well known; others live out of the limelight. But they all cling to life tenaciously and courageously, acting as "living repositories of our past, our history."

**Tom Watson*****CauseWired: Plugging In, Getting Involved, Changing the World***

In this book, journalist Tom Watson tracks the growing trend of activists creatively using online media to generate new forms of involvement, support, and fundraising. He presents a series of case studies and anecdotes from his personal experience to analyze networked activism and provide a set of principles, as well as a few words of caution, for effective online organizing.

