



Rules for Aging: A Wry and Witty Guide to Life

Roger Rosenblatt

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Acclaimed and beloved prize-winning essayist Roger Rosenblatt has commented on most of the trends and events of our time. His columns in *Time* magazine and his commentaries on PBS's News Hour with Jim Lehrer have made him a household word and a trusted friend of millions. With a wry sense of humor and inimitable wit, Rosenblatt offers here guidelines for aging that are both easy to understand and, more importantly, easy to implement.

More and more in the news today, we are hearing about phenomenal advances in the "fight against aging." But what Rosenblatt suggests to combat age is far more valuable than any scientific breakthrough—he breaks down the hardest part of aging, the mental anguish of growing older with fifty-four gems of funny, brilliant, wise, indispensable advice.

A book to savor, a book to keep, and a book for all ages.

This little guide is intended for people who wish to age successfully, or at all. . . . One may think of this work as a how-to book, akin to many health guides published these days, whose purpose is to prolong our lives and make them richer. That is the aim of my book, too. -from the Introduction

And this is just the start of Roger Rosenblatt's charming and thought-provoking guide to surviving the episodes that shamelessly shave years off of our lives. With a wry sense of humor and peerless wit, *Rules for Aging* provides guidance that is, hands down, the most practical, pleasurable and, most importantly, painless advice you'll ever receive. As Rosenblatt writes, "When I urge you to refrain from a certain thought or course of action, I do not mean to suggest that you are in any way wrong if you do the opposite. I mean only to say that you will suffer."

Rule #1: It doesn't matter

Whatever you think matters—doesn't. Follow this rule, and it will add decades to your life. It does not matter if you are late, or early; if you are here, or if you are there; if you said it, or did not say it; if you were clever, or if you were stupid; if you are having a bad hair day, or a no hair day; if your boss looks at you cockeyed; if your girlfriend or boyfriend looks at you cockeyed; if you don't get that promotion, or prize, or house, or if you do. It doesn't matter.

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