ForeWord Reviews

CAREER

Don't Stop The Career Clock: Rejecting the Myths of Aging for a New Way to Work in the 21st Century

Helen Harkness
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“We grow old, not by living a certain number of chronological years, but by becoming idle in mind, body and purpose. We are told it’s time to grow old, and others expect it, and we defer and play our part.” Thus Harkness sets the stage for tearing down the myths about aging that have existed-even grown-during the last fifty years, and their concomitant results. The myths Harkness effectively deals with in her latest book, Don’t Stop The Career Clock, are the ideas that lie at the heart of the “old-age” mentality common in North American culture today.

Harkness discusses the biological reality of physical aging, putting it into a proper nonnegative perspective. “Our beliefs and myths grow out of social conditions that set up aging expectations.” Therefore, society perpetuates the idea that we will grow old and feeble and wither away. The reality is that this attitude will promote the development of disease.

Myths regarding general mental decline with aging, loss of creativity, memory loss and inability to perform well in a career are examined realistically in light of the newest research available. Harkness shines in giving practical lists of “how to’s,” and includes a series of exercises to facilitate caring for financial, emotional, relational, spiritual and physical needs as individuals face retirement. Harkness extracts the significant work of several well-known authorities on aging to support her premises.

Don’t Stop the Career Clock is insightful, practical and encouraging especially for baby boomers thinking about the future.

Linda Wilson