**Resources**

Recognizing and Responding to Ageism

**Books:**

“Ageism Unmasked: Exploring Age Bias and How to End It,” by Tracey Gendron, PhD

“Breaking the Age Code: How Your Beliefs About Aging Determine How Long & Well You Live,” by Becca Levy, PhD

“This Chair Rocks: A Manifesto Against Ageism,” by Ashton Applewhite (available from NLS)

**Video:**

[“Let’s End Ageism,” TED Talk by Ashton Applewhite](https://www.ted.com/talks/ashton_applewhite_let_s_end_ageism?language=en)

**Further Resources:**

[OldSchool.info – Anti-ageism information clearinghouse](https://oldschool.info/)

**Contact the speaker:**

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