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Dr. Dorree Lynn, Founder

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### **“Aging Gracefully is Garbage” Psychotherapist Refutes the PR Spin for Baby Boomers**

*Washington, D.C.* - “Aging gracefully is garbage,” says psychologist and *Saging* expert Dr. Dorree Lynn. “The politically correct, media-friendly phrase that is meant to inspire Baby Boomers to fluidly dance into their twilight years is a detrimental message to send,” says Dr. Lynn.

The concept of ‘Aging Gracefully’ has been picked up by media giants like Oprah and *Time Magazine* as the country struggles with critical aging issues that are affecting a majority of Americans. “‘Aging Gracefully’ promotes a sense of false appreciation for getting old, like a seasoned, fine wine. The phrase is a spin that’s more Madison Avenue-PR than it is real life,” says Dr. Lynn.

Baby Boomers are vivacious members of society: physically fit, financially stable, sexually active, and not willing to throw in the towel. They have more disposable income than any other generation, are educated, and participate fiercely in political debates. They have experienced divorces and have a tangled web of disjointed extended families and stepchildren. They are opinionated, strong, and here to stay.

“The concept of ‘Aging Gracefully’ creates an unattainable standard that guarantees many people will fall short and thus feel inadequate. No one who has lived more than half a century has gotten to where they are without their share of hard knocks,” says Dr. Lynn. “They do not simply age gracefully as if they are calmly rising out of a clam shell like Botticelli’s Venus. Sages become people of substance precisely because they have worked hard, lived long, and experienced life fully.”

The road to *Saging* is not easy though. Dr. Lynn says, “Let’s get real. These wise elders have grown into themselves and understand that each of life’s tiny vicissitudes is not monumental. They have learned that that it takes a heck of a lot of time and effort to floss twice a day, eat right, exercise, remember to take their medications, keep their doctor’s appointments, and stay in good mental and physical shape. Their grace has been hard won, and keeping it is far from easy.”

Dr. Lynn founded [FiftyandFurthermore.com](http://FiftyandFurthermore.com), an online forum for age-mates to connect. She coined the term *FiftyandFurthermores* to include not just Baby Boomers, but also Pioneers, Trailblazers, and the often-overlooked Silent Generation. While ‘Baby Boomers’ is an instantly recognizable concept, it is a time-sensitive term that identifies a specific population of people. *FiftyandFurthermore* encompasses all women and men who have entered the second half of their lives, regardless of their specific birth date. *FiftyandFurthermore* is not merely just another new politically correct term. It represents a complex community that is now entering the mentoring market. Today, increasing numbers of



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FiftyandFurthermore Sages are choosing reFIREment instead retirement, participating in life, and giving back to society.

So what's the alternative to 'Aging Gracefully?' The phrase, 'Saging Well' is a much more realistic message. 'Saging Well' connotes many possibilities. It means continuing to age in the same spirit and zest as you've exhibited in the rest of your life, learning, living, and doing the best you can. Even more importantly, it means believing that the best you can do is certainly good enough. "Aging gracefully? Not me," says Dr. Lynn. "I will continue to live as effectively, passionately, productively, serenely and lovingly as I can, with the gifts I have been given and the tools that I have mastered. I can only hope that for those around me, this version of *Saging Well* will also be good enough."

### **About Dr. Dorree Lynn**



Dr. Dorree Lynn is the founder and Editorial Director of [FiftyandFurthermore.com](http://FiftyandFurthermore.com), an educational, interactive website that serves as a forum for age-mates in the second half of their lives. She maintains a unique Washington, D.C. psychology practice working only with people who have already had therapy. Her client list includes pundits to postmen. She also co-founded the Institute for the Advanced Study of Psychotherapy. Dr. Dorree Lynn has the uncanny ability to question, comfort, and intrigue. As nurturing as she is quirky, Dr. Lynn is honest and sometimes controversial, voicing strong opinions on everything from sex to Hurricane Katrina to finances. She is noted for provocative and informative presentations salted with wisdom and peppered with humor. She travels extensively as a consultant and lecturer to universities and corporations across the country. Dr. Lynn believes that the media gets the message to more, and she can be found within national newspapers and magazines, as well as TV networks like ABC, CNN, MSNBC, PBS, and VH1. Dr. Lynn is the author of *Getting Sane Without Going Crazy* (Xlibris 2000) and *When the Man You Love Is Ill; Doing Your Best for Your Partner without Losing Yourself* (Marlowe & Co. / Avalon Publishing 2007). Dr. Dorree Lynn has been single, married, divorced, remarried, a working mother, a stepmother, and a proud grandmother. Today, she lives and works in Washington, DC and Ponte Vedra Beach, FL with her husband Isaac. Her life, like yours, continually changes. For more information, please visit [www.FiftyandFurthermore.com](http://www.FiftyandFurthermore.com).

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