

Don't Let Ageism Define You. How to Enjoy Life at Every Stage

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What comes to mind when you think of aging?

Is it wrinkles and gray hair? Trouble with technology? Crankiness, achy bones or being hard of hearing?

It's said that age is just a number, but [Becca Levy](#), Yale researcher and author of [*Breaking the Age Code: How Your Beliefs About Aging Determine How Long & Well You Live*](#), says that how we think about aging can impact us on behavioral, psychological and even physiological levels.

Through research spanning over 20 years, "I found that older people with more-positive perceptions of aging performed better physically and cognitively than those with more-negative perceptions," Levy writes. "They were more likely to recover from severe disability, they remembered better, they walked faster and [they even lived longer](#)."

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