SHOCK OF GRAY

THE AGING OF THE WORLD’S POPULATION
AND HOW IT PITS YOUNG AGAINST OLD,
CHILD AGAINST PARENT, WORKER AGAINST BOSS,
COMPANY AGAINST RIVAL,
AND NATION AGAINST NATION

Ted C. Fishman
## CONTENTS

### Introduction: Gray New World  
1. Greetings from Florida, God’s Waiting Room  
2. A Brief History of Living Much Longer  
3. Señor Moment: Spain’s Discovery of Age  
4. How We (Really) Do (Continuously) Age  
5. Japan, Land of the Missing Son  
6. Cheating Death, One Molecule at a Time  
7. The Twisting Fates of the Screw Capital: Rockford, Illinois  
8. Vulnerable, Cherished, Frail, Kind, Bothersome, Sweet, Expensive, Wise, Lonely, and Irrelevant: How Do We See the Elderly?  
10. Generations at the Table  

### ACKNOWLEDGMENTS  
361  

### NOTES  
369  

### INDEX  
387