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**45 Forward**  
Monday at 12 Noon Pacific  
**January 10th 2022: Lessons from the 'Oldest Old': Happiness is a Choice We Make**

Several years ago, John Leland, a reporter for the New York Times, wrote a series of articles following six men and women for a year, chronicling how people in one of America's fastest growing demographic groups—those 85 and older—led their lives. The series became the basis for his book, "Happiness Is a Choice You Make: Lessons from a Year among the Oldest Old," which became a Times bestseller, and, as he wrote in the Times, "No work I have ever done has brought me as much joy and hope, or changed my outlook on life as profoundly." In today's episode, Leland talks about his experiences writin

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#### Featured Guest



#### John Leland

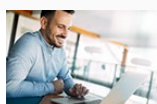
John Leland is a reporter for The New York Times, best-selling author and public speaker. In his 30-plus years in journalism, John has gone from chronicling youth culture to writing about the "oldest old." A graduate of Columbia College, he worked as a senior editor at Newsweek and editor-in-chief of Details magazine before joining The New York Times in 2000. In 2015, he wrote a year-long series following six people aged 85 and up, which became the basis for his book "Happiness Is a Choice You Make: Lessons from a Year among the Oldest Old," a Times bestseller. As he wrote in the Times, "No work I have ever done has brought me as much joy and hope, or changed my outlook on life as profoundly

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