

This Chair Rocks: A Manifesto Against Ageism

Ageism is a pervasive form of discrimination that devalues and marginalizes older adults. It is a problem that affects all of us, regardless of our age. As we get older, we may face discrimination in the workplace, in our personal relationships, and even in our own minds.



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by Ashton Applewhite

★★★★☆ 4.5 out of 5

Language : English
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Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
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Print length : 300 pages



This Chair Rocks is a campaign that is fighting against ageism through the power of storytelling. Founded by journalist and activist Ashton Applewhite, the campaign uses personal stories to challenge the negative stereotypes associated with aging and to promote a more positive and inclusive view of older adults.

The Mission of This Chair Rocks

This Chair Rocks has a three-part mission:

1. To challenge the negative stereotypes associated with aging
2. To promote a more positive and inclusive view of older adults
3. To inspire people to take action against ageism

The campaign uses a variety of storytelling platforms to achieve its mission, including:

- A website that features personal stories, essays, and videos
- A blog that covers aktuelle Ereignisse and issues related to ageism
- Social media campaigns that use the hashtag #ThisChairRocks
- Speaking engagements by Ashton Applewhite and other campaign members

The Impact of This Chair Rocks

This Chair Rocks has had a significant impact on the way that people think about aging. The campaign has helped to raise awareness of ageism and has inspired people to take action against it. The campaign has also been successful in changing the way that the media portrays older adults.

In 2016, This Chair Rocks was awarded the prestigious Purpose Prize for its work to fight ageism. The campaign has also been featured in several major media outlets, including The New York Times, The Washington Post, and The Atlantic.

The Challenges of This Chair Rocks

Despite its success, This Chair Rocks faces a number of challenges. One challenge is the fact that ageism is a deeply ingrained form of discrimination. It is a problem that has been around for centuries, and it will take time to change. Another challenge is the fact that This Chair Rocks is a relatively small organization with limited resources. The campaign relies on donations from individuals and foundations to fund its work.

How You Can Get Involved

There are a number of ways that you can get involved with This Chair Rocks and help to fight ageism:

- Visit the This Chair Rocks website and read the personal stories
- Follow This Chair Rocks on social media and use the hashtag #ThisChairRocks
- Attend a This Chair Rocks speaking engagement
- Donate to This Chair Rocks
- Write a letter to your local newspaper or elected official about ageism
- Talk to your friends and family about ageism

By getting involved with This Chair Rocks, you can help to create a more positive and inclusive world for older adults.

This Chair Rocks is a movement that is changing the way that we think about aging. The campaign is using personal stories to challenge stereotypes, promote inclusion, and inspire action. You can get involved with This Chair Rocks by visiting the website, following on social media, or

attending a speaking engagement. Together, we can create a more positive and inclusive world for older adults.



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