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300 Amazing People Leading Amazing Lives At Age 70, 80, 90 and Beyond

Los Angeles, Calif. (May 28, 2019)--[Meet The Amazings](#), a Facebook page that celebrates older people leading interesting and fulfilling lives, highlighted its 300th "Amazing" on May 27. The page features mostly those in their 70s, 80s, 90s and beyond from all walks of life (mostly ordinary folks) who are enjoying life's later stage.

"These people are keeping their life alive," says Dr. Noelle Nelson, a psychologist and author who researches subjects for the page. "When we hear about an older person doing something not usually associated with their age group we're surprised. We shouldn't be. There are older individuals all around us who are earning degrees, helping the needy, conducting scientific research, writing, working, excelling in sports and the arts—you name it and this generation is doing it."

Nelson, author of [Happy Healthy...Dead: Why What You Think You Know About Aging Is Wrong and How To Get It Right](#), has been posting stories about "Amazings" on the Facebook page since 2016. "It's gratifying and enjoyable to discover Amazings from all over the world," she says. "They are everywhere; in every community. They are pushing the boundaries all the time and forcing us to redefine what it means to be 70, 80, 90 or even 100. They're making a difference and having fun doing it."

Veteran [John Canley](#), 80, the 300th Amazing, recently received the Medal of Honor for his bravery while protecting hundreds of people from harm in the course of a fierce battle during the Vietnam War.

"It's appropriate that the 300th Amazing is a veteran and was featured on Memorial Day," says Nelson. "He also happens to be the 300th Marine to earn the nation's highest military honor."

Nelson points out that she deliberately keeps celebrity Amazings to a minimum. She also doesn't just feature those excelling in sports. "People can say of course, those with the financial means or those in good physical condition can lead happy lives in their older years. Yet, I've found physical restrictions don't hold these Amazings back," explains Nelson. "Most are by no means wealthy. They worked hard all their lives or faced tough odds yet still love the life they lead; constantly looking for ways to excel and improve."

Nelson says the Baby Boomers are driving the desire to live each day to the fullest. "But it's the previous generation," she says, "that is showing the world how it's done."

The Facebook page has over 2,800 followers. Here's the link: [@MeetTheAmazings](https://www.Facebook.com/MeetTheAmazings).

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