

Peer recommended reads for 2026: books to expand your mind



Reading helps keep your brain active, reduces stress, and offers enjoyment at any stage of life. Looking for books to help you learn and grow? Members of LiveUp's Ageing Well Advisory Group (AWAG) have provided a list of their top picks for 2026.

About AWAG

The Ageing Well Advisory Group (AWAG) played an important role in helping LiveUp stay centred around its primary audience – you.

AWAG advised LiveUp by representing the voices of older people in Australia. The group included 14 members aged between 45 and 85, with people from every state in Australia. They helped improve LiveUp resources by sharing their feedback.

LiveUp's mission is to be an evidence-based resource for older adults. A key part of this is working with people in the community. We want to be led by your lived experience. This helps us share resources that are useful, practical, and relevant.

How does LiveUp continue this work today? We now gather feedback through surveys that reach many more older people across Australia. This approach builds on the strong foundations AWAG created and allows even more voices to be heard.



About AWAG's recommended books

Members of AWAG have curated this list of age-positive book recommendations. These are personally recommended reads – from older readers, for older readers.

The overall list covers a broad range of genres and themes. In this article, you'll find books about the science of ageing well, as well as some self-help books. Perhaps they'll help you expand your mind!

Books about ageing well: science, stories, and inspiration

These books might change how you think about growing older:

- 1. Ageless: The New Science of Getting Older Without Getting Old** by Andrew Steele
Ageless is a guide to why you get old, and how you can stop it. Steele details the progress science has made in recent years to help humans live longer without getting frail or ill.
- 2. Ageing Well: A Guide to Rejuvenation and Longevity** by George Cromack
Ageing Well explores some of the latest health practices and examines the most beneficial ways you can make your body healthy and strong.
- 3. Can Adventure Prevent Dementia? A guide to outwitting Alzheimer's** by Dr Helena Popovic
Dr Popovic is a leading expert on improving brain function. This book is filled with her scientific insights, as well as laugh-out-loud stories of Dad and daughter's adventure with dementia. It's never too late or too early to boost your brain, avert Alzheimer's, and defy dementia.
– *'This book cured my broken heart after watching my beloved father fade away with this awful disease, and it has completely changed the way I eat, live, exercise, and integrate into my community on a daily basis.'*
- 4. With the End in Mind** by Kathryn Mannix
Healthy ageing isn't only about living longer. It's also about finding peace and purpose at every stage of life. *With the End in Mind* shows how understanding the end stages of life can help you live more fully in the present.

- *Touching, tragic, funny, and wise, this exceptional book brings together the author's lifetime of medical experience to tell powerful stories of life, dying, and death. Guides us through conversations, attitudes, and ways of being with those we love, to bring about peace, love, and acceptance at end-of-life times. Life-changing stuff for me.*

Books about rethinking life and self

These books can provide some tools for adapting your mindset:

1. **Reinvent Yourself: Psychological Insights That Will Transform Your Work Life** by Susan Kahn

In *Reinvent Yourself*, Susan Kahn offers original psychological insights. Discover strategies to focus your efforts, build your network, and navigate any challenge in your career.

- *'As I believe ageing is a process of reinventing oneself throughout one's life, the book inspired me to act on the inevitable, periodically reinventing myself.'*

2. **Positivity: Discover the Upward Spiral That Will Change Your Life** by Barbara Frederickson

Dr Barbara Fredrickson offers lab-tested tools for boosting emotional resilience. In this book, you'll learn:

- o What positivity is
- o Why it matters more than happiness
- o How to calculate, track, and improve your ratio of positive to negative emotions

3. **Flourish** by Martin Seligman

Flourish details inspiring stories of Positive Psychology in action. It also offers a new theory on what makes people flourish and how to truly get the most out of life.

- *'Based on positive psychology, these amazing books [Positivity and Flourish] have made a profound improvement to my outlook and response to normal luctuations in my mood. They have equipped me with practical ways of living in the world in a more healthy and contented life.'*

Reading matters for healthy ageing

Reading a book is a great way to relax , unwind, and reduce stress – and it's a good mental exercise for your brain. Making reading into a hobby can help you keep your brain active and healthy as you get older.

Reading can also help you connect with others. You can share your favourite stories with friends – or meet new people through book clubs and library groups.

Here are some other fun facts about reading:

- Listening to audiobooks can exercise your brain as much as reading with your eyes.
- You can borrow eBooks and audiobooks from your local library using free apps like [BorrowBox](#) and [Libby](#).
- Assistive products like [magnifiers](#) or [book stands](#) can make reading easier if you experience eye strain or arthritis.

[Learn more about how and why to keep reading as you age](#)

Getting started

To get started on your reading list, you could:

- Borrow from your local library
- Join a local book club
- Swap books with friends

You can use LiveUp's [social activities finder](#) to discover book clubs near you. For example, you might find groups like the [Tough Guy Book Club](#) for men who like to read – or any other club that suits your interests.

If you need more information about healthy ageing, you can get in touch with one of our helpful site navigators on **1800 951 971**.

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