



A recent survey that found most adults over 50 feel at least 10 years younger than their actual age, while one-third of those between 65-74 felt 10 to 19 years younger, and one-sixth of people over 75 and older felt 20 years younger. And while we feel young, we also want to think young: On average, survey respondents said old age begins at 68. Those under 30 said old age begins at 60, but those over 65 said "not so fast" - old age begins at 75. Read more on this survey.

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