This article exposes myths, specifically those about aging, as being “`crafted’ from fears and misconceptions of the aging experience or becoming an older person.” The author describes how myths were used historically and how they are still created and used today to paint a false picture of older adults and their abilities, needs, resources, and health. The article lists six core perceptions underlying current myths of aging and argues that these perceptions are simply not true for most older people. The author contends that the persistence of these ageist stereotypes is fueled by the use of current myths when attempting to educating people. He suggests that by using these myths to inform people we instead strengthen them in the learner’s minds. This is caused by our natural tendency to categorize information as we experience things and events. Our language, and its related metaphors, exploits these categories creating stereotypes about aging, gender and race. The author states that, “Our mind is a stereotype generator—efforts to dispel the stereotype likely reinforce and perpetuate it—because that is how our mind works.” This article, like several others, claims that ageism is a very real problem facing older adults today. However, this article takes a deeper look into the cause of these ageist attitudes and reveals that our language, metaphors, myths, and categories generate ageist stereotypes by which we judge older adults. The article boldly speaks out against a practice advocated in other articles, which is the use of these myths that we are trying to displace, in educational and awareness trainings. The author argues that we are in fact reinforcing the very mindset we are trying to get rid of!