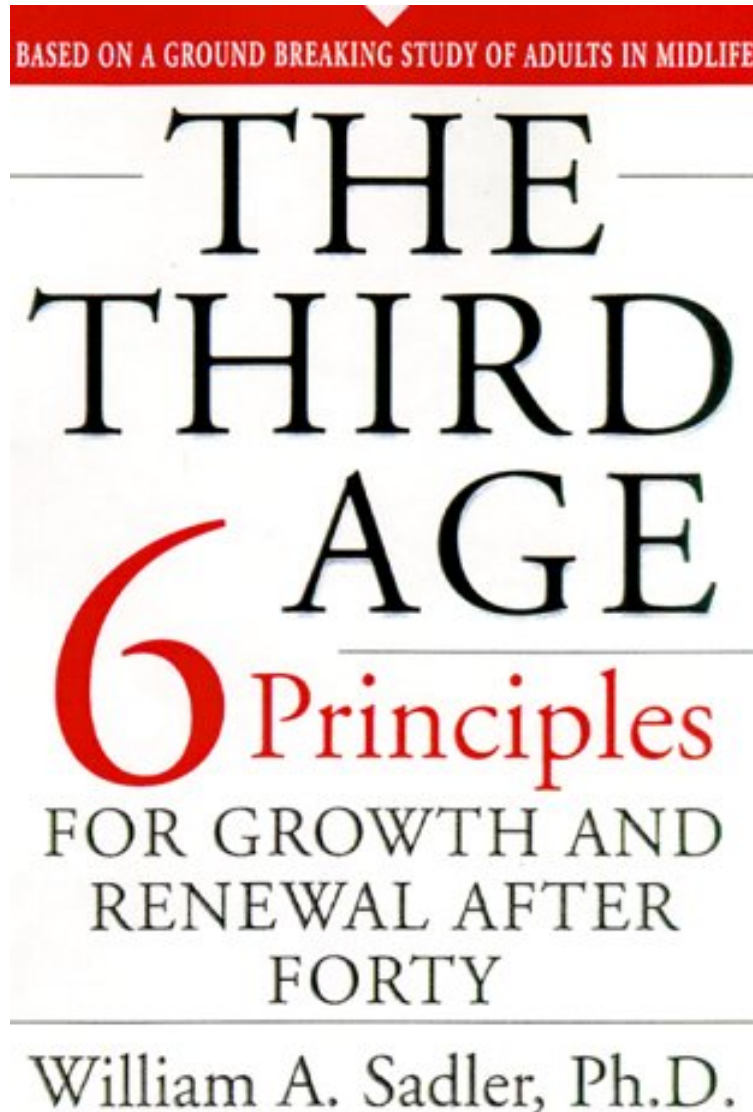


The Third Age: The Six Principles Of Personal Growth And Renewal After 40

William Sadler

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William Sadler : The Third Age: The Six Principles Of Personal Growth And Renewal After 40 before purchasing it in order to gage whether or not it would be worth my time, and all praised The Third Age: The Six Principles Of Personal Growth And Renewal After 40:

27 of 27 people found the following review helpful. a culture devoted to youthBy john congerIn a culture devoted to

youth, *THE THIRD AGE* is a groundbreaking work. At the present time in America, everything old is discarded not repaired. Aging is a subject for jokes, not inspiration and excitement. I am 65 and have suffered the mundane indignities of losing hair, stronger glasses, arthritis and glitches in memory, but having children late in life has encouraged me to crawl on the floor, play horsy and throw a baseball. Naturally I was delighted to read Dr. Sadler's helpful and well researched book, which provides an invaluable conversation about aging, supported by interviews with people who have explored this later period creatively. I don't feel alone in my efforts. There is no other book like it, a book that must be the forefront of a growing movement of concern about how we spend the potentially most productive and creative years of our extended lives.

0 of 0 people found the following review helpful. Looking forward to age 70, 80 and 90!!!

By Colleen McKenzie
The Third Age is an astounding read! It gives hope and encouragement to all of us about to enter, or are in our third age! The case studies gives an overview of how different people, from their 40's to their 80's maintain their wellness, optimistic view of life, activities and energy as well as how they have made positive life changes. I highly recommend this book to anyone fifty or older and is a book I will reference for the rest of my life!

Well done!

0 of 0 people found the following review helpful. a good read

By Lesley Richardson
A good read with some important principles to consider - I enjoyed the book and the case studies. I would recommend it to Third Agers.

Medical and technological breakthroughs have, in effect, given most of us the equivalent of a thirty-year life bonus. As a result, we face a new period in the middle of our lives, what Europeans call the third age, which challenges us to change the way we live and transform the way we age. Based on a major study of the unfolding lives of a select group of men and women (from mid-forties to eighties), *The Third Age* shares their collective wisdom and illustrates how we can creatively redesign our lives in anticipation of and through our added years. Rediscovering a youthful spirit and staying truly involved in life demands an attitudinal shift, a resistance to outdated stereotypes, and an effort to balance the seemingly paradoxical pulls on our time and energy. Practically instructive and powerfully inspiring, *The Third Age* expertly guides us toward and through the second half of our lives.

From Publishers Weekly
Unlike scholars who view human development in terms of stages or life cycles, sociology professor Sadler prefers the current European view of life past 50 as the third age (the fourth is old age), and offers encouraging evidence of the potential for continued growth and lifelong learning. From his 12-year study of several dozen men and women aged 45 to 80, he draws unconventional principles for creating midlife renewal, which he supplements with suggestions on how readers can develop and nurture them in their own lives. Among the apparently paradoxical strategies that consistently emerge from his inspiring and honest portraits of his vibrant subjects are balancing mindful reflection with risk taking; balancing personal freedom with deeper relationships; creating a positive identity and maintaining optimistic realism; creating meaningful work and play; caring for the self and for others. Sadler's theoretical framework makes his advice more thought provoking than prescriptive, so this gracefully written volume is more challenging than many self-help guides. Still, contemplative readers will find it accessible and absorbing. (Feb.) Copyright 2000 Reed Business Information, Inc. "The Third Age is a valuable reminder that midlife can be at least as rewarding as youth." -- Mihaly Csikszentmihalyi, author of *Flow: The Psychology of Optimal Experience* "Through enlightening interviews and commentary, Sadler shows us a path to mindful aging." -- Ellen Langer, author of *Mindfulness and The Power of Mindful Learning*

About the Author
William Sadler, Ph.D., is Professor of Sociology and Business and the Chair of the Business Department at Holy Names College in Oakland, California.