



Reading Our Lives: The Poetics of Growing Old

William L. Randall, Elizabeth McKim

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Against the background of Socrates' insight that the unexamined life is not worth living, *Reading Our Lives: The Poetics of Growing Old* investigates the often overlooked inside dimensions of aging. Despite popular portrayals of mid- and later life as entailing inevitable decline, this book looks at aging as, potentially, a process of poiesis: a creative endeavor of fashioning meaning from the ever-accumulating texts - memories and reflections-that constitute our inner worlds. At its center is the conviction that although we are constantly reading our lives to some degree anyway, doing so in a mindful matter is critical to our development in the second half of life.

Drawing on research in numerous disciplines affected by the so-called narrative turn - including cognitive psychology, neuroscience, and the psychology of aging - authors Randall and McKim articulate a vision of aging that promises to accommodate such time-honored concepts as wisdom and spirituality: one that understands aging as a matter not merely of getting old but of consciously growing old.

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