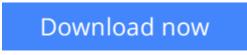


Reading Our Lives: The Poetics of Growing Old

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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With this era which is the greater individual or who has ability in doing something more are more treasured than other. Do you want to become among it? It is just simple method to have that. What you have to do is just spending your time almost no but quite enough to enjoy a look at some books. One of the books in the top list in your reading list will be Reading Our Lives: The Poetics of Growing Old. This book that is certainly qualified as The Hungry Hills can get you closer in becoming precious person. By looking upward and review this reserve you can get many advantages.

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