



Aging Strong: Living it Forward and Giving it Back

Ph.D., Bud Harris

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"Sixty is the new *forty*" and "seventy is the new *fifty*" can really be true when this dynamic attitude is backed up by a plan on how to be happy, how to find purpose, and how to recalibrate your life beyond middle age. *Aging Strong: Living It Forward and Giving It Back* provides everything you need to build a fulfilling life in this later stage.

Using his thirty-five-year experience as a psychologist and Jungian analyst, Harris's position is, "We are in a time where we can have as many or more productive years after age sixty than we had before what is commonly thought of as midlife. This reality means we need to re-imagine our entire approach to how we are going to live and meet the opportunities in the fourth quarter of our lives."

Ultimately, *Aging Strong* is an inspiring testament and road map for those of you who want to enter the most important years of your lives as seekers of a new way, to deepen your spirits, to blossom into the fullness of life's potentials, and to discover the richness these efforts can bring into the world.

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