



## The Third Age: Six Principles for Personal Growth and Rejuvenation after Forty

By William Sadler, Ph.D., William A. Sadler

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Medical and technological breakthroughs have 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. But rediscovering a youthful spirit and staying truly involved in life demands an attitudinal shift, a resistance to outdated stereotypes, and an effort to balance the seemingly paradoxical pulls on our time and energy.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.

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### Editorial Review

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.)

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### Review

"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 A. Sadler, Ph.D.**, is a Professor of Sociology and Business and the Chair of the Business Department at Holy Names College in Oakland, California.

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