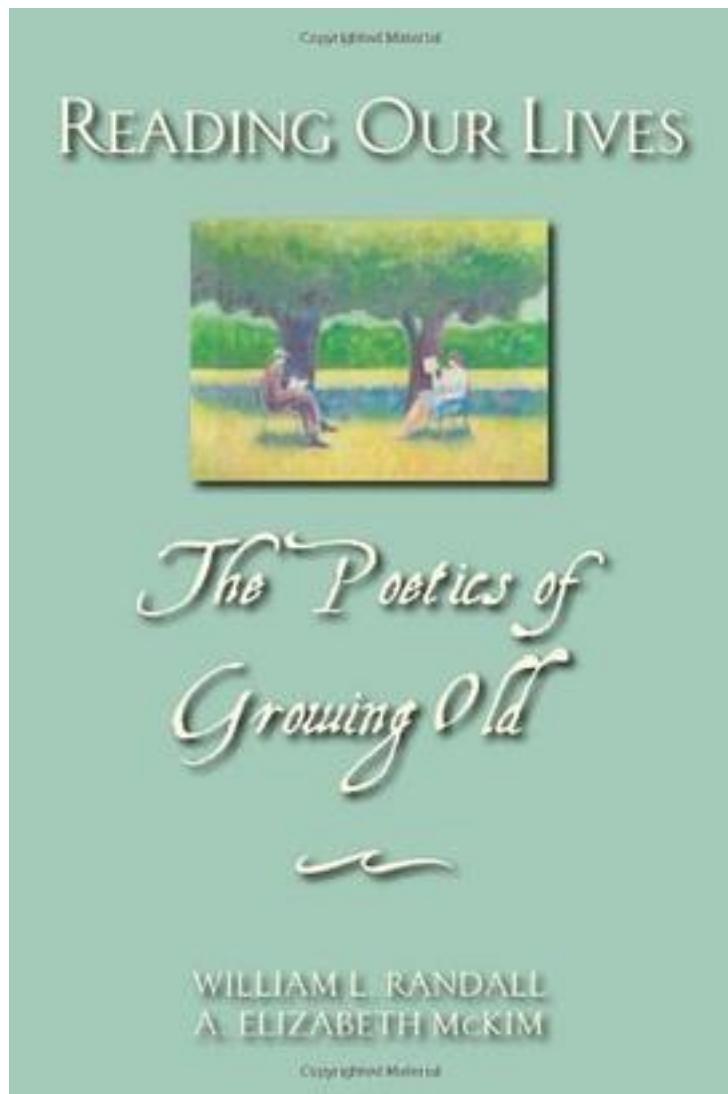


Reading Our Lives



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Against the background of Socrates' insight that the unexamined life is not worth living, *Reading Our Lives* investigates the often overlooked inside dimensions of aging. Despite popular portrayals of mid and later life as entailing inevitable decline, this book looks at ageing as, potentially, a process of poeisis: a creative endeavour of fashioning meaning from the ever-accumulating texts - memories and reflections - that constitute our inner worlds. At its centre is the conviction that although we are constantly reading our lives to some degree anyway, doing so in a mindful manner is critical to our development in the second half of life. Drawing on research in numerous disciplines - including cognitive psychology, neuroscience, and the psychology of ageing - this book presents a vision of aging that promises to accommodate such time-honoured 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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