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among the many studies of aging and the aged there is comparatively little material in which the aged speak for themselves in this compelling study sharon kaufman encourages just such expression recording and presenting the voices of a number of old americans her informants tell their life stories and relate their most personal feelings about becoming old each story is unique and yet presented together they inevitable weave a clear pattern one that clashes sharply with much current gerontological thought with this book sharon kaufman allows us to understand the experience of the aging by listening to the aged themselves kaufman while maintaining objectivity is able to draw an intimate portrait of her subjects we come to know these people as individuals and we become involved with their lives through their words we find that the aging process is not merely a period of sensory

functional economic and social decline old people continue to participate in society and more important continue to interpret their participation in the social world through themes constructed from these stories we can see how the old not only cope with losses but how they create new meaning as they reformulate and build viable selves creating identity kaufman stresses is a lifelong process sharon kaufman s book will be of interest and value not only to students of gerontology and life span development and to professionals in the field of aging but to everyone who is concerned with the aging process itself as sharon kaufman says if we can find the sources of meaning held by the elderly and see how individuals put it all together we will go a long way toward appreciating the complexity of human aging and the ultimate reality of coming to terms with one s whole life

are you ready to embrace a vibrant and fulfilling senior life the relentless march of time doesn t have to mean a decline in well being in the ageless self a senior s guide to well being discover a practical and empowering roadmap to navigate the joys and challenges of aging with grace vitality and a renewed sense of purpose this insightful guide moves beyond the typical advice on healthy eating and exercise delving into the deeper aspects of well being that contribute to a truly fulfilling life in your golden years we understand that aging is a multifaceted journey and this book addresses the physical emotional social and spiritual dimensions to help you create a life rich in meaning and satisfaction the ageless self provides you with actionable strategies and inspiring insights to help you thrive in your later years this isn t just about surviving it s about celebrating this new chapter with confidence and joy here s what you ll discover mastering the art of mindful aging learn techniques to cultivate inner peace and manage stress effectively regardless of life s challenges strengthening your social connections explore practical strategies for building and maintaining meaningful relationships that combat loneliness and enhance your sense of belonging embracing lifelong learning discover the transformative power of continuous learning and personal growth ensuring your mind stays sharp and engaged navigating health and wellness gain valuable insights into managing common health concerns and adopting healthy habits to support your physical and mental well being finding purpose and meaning unearth your passions and discover new ways to contribute to your community and leave a lasting legacy planning for a secure and fulfilling future gain confidence in navigating financial legal and healthcare considerations as you age the ageless self is your comprehensive guide to a vibrant and fulfilling senior life it s time to redefine what it means to age gracefully to live with purpose joy and an unwavering sense of self order your copy today and embark on a journey towards a truly ageless self

when near becomes far explores representations and depictions of old age in the rabbinic jewish literature of late antiquity 150 600 ce each chapter focuses on a different aspect of aging in the rabbinic world bodily appearance and sexuality family relations intellectual and cognitive prowess honor and shame and social roles and identity the book shows that ancient rabbinic texts offer rich and moving observations on aging many of which are still relevant today

by 2030 over 30 of the japanese population will be 65 or older foreshadowing the demographic changes occurring elsewhere in asia and around the world what can we learn from a study of the aging population of japan and how can these findings inform a path forward for the elderly their families and for policy makers based on nearly a decade of research aging and loss examines how the landscape of aging is felt understood and embodied by older adults themselves in detailed portraits anthropologist jason danelly delves into the everyday lives of older japanese adults as they construct narratives through acts of reminiscence social engagement and ritual practice and reveals the pervasive cultural aesthetic of loss and of being a burden through first hand accounts of rituals in homes cemeteries and religious centers danelly argues that what he calls the self in suspense can lead to the emergence of creative participation in an economy of care in everyday rituals for the spirits older adults exercise agency and reinterpret concerns of social abandonment within a meaningful cultural narrative and by reimagining themselves and their place in the family through these rituals older adults in japan challenge popular attitudes about eldercare danelly s discussion of health and long term care policy and community welfare organizations reveal a complex picture of japan s aging society

introduction anthropology cultural values and aging activities as value at lake district senior center elders supporting each other to help themselves networking at lake district senior center post retirement housing and living arrangements who supports older americans families self and other sources temporal complexity in older americans lives changes and continuities over thirty years of research conclusion challenges and hopes in the new frontier of aging

the proportion of people over 65 is substantially increasing and will continue to do so in the coming decades societies are concerned about the depletion of pension funds and austere fiscal plans that are unable to subsidize the basic care protection and needs of their growing elderly populations gerontology is rapidly becoming a burgeoning research discipline that studies multiple aspects of human ageing leading to top down social policies

that ineffectually address the significant needs of aged persons geriatric medicine has also expanded attempting to medicalize the ageing process into a disease free stage of healthy ageing ageing itself this book argues however is not a disease per se and should not be medicalized in an era of uncertain medical expectations and unfulfilled social care of the ageing this book presents an anthropological view that focuses on three essential and transcendental conditions of human life that become vulnerable with advancing age namely relating to others being in the world and leaving a mark or legacy in the world

this book is the first to examine age across the modern and contemporary dramatic canon from arthur miller and tennessee williams to paula vogel and doug wright all ages across the life course are interpreted as performance and performative both on page and on stage including professional productions and senior theatre groups the common admonition act your age provides the springboard for this study which rests on the premise that age is performative in nature and that issues of age and performance crystallize in the theatre dramatic conventions include characters who change ages from one moment to the next overtly demonstrating on stage the reiterated actions that create a performative illusion of stable age moreover directors regularly cast actors in these plays against their chronological ages lipscomb contends that while the plays reflect varying attitudes toward performing age as a whole they reveal a longing for an ageless self a desire to present a consistent unified identity the works mirror prevailing social perceptions of the aging process as well as the tension between chronological age physiological age and cultural constructions of age

seeking to explore what it means to grow older in contemporary britain from the perspective of older people themselves this richly detailed ethnographic study engages in debates over selfhood and people s relationships with time based on research conducted in a former coal mining village in south yorkshire england cathrine deggen explores how the category of old age comes to be assigned and experienced in everyday life through multiple registers of interaction including that of social memory in a postindustrial context of great social transformation challenging both the notion of a homogenous relationship with time across generations and the idea of a universalised middle aged self deggen argues that the complex interplay of social cultural and physical attributes of ageing means that older people can come to have a different position in relation to time and to the self than younger people unseating normative conventions about narrative and temporality

mid west babbitt whose dream bring him unhappiness

on different perceptions of aging

many disparate academic political and social issues fall under the umbrella of cultural gerontology and this volume brings them together and challenges mainstream gerontology

conducts a journey of self renewal that integrates mental physical and spiritual aspects of fulfillment

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