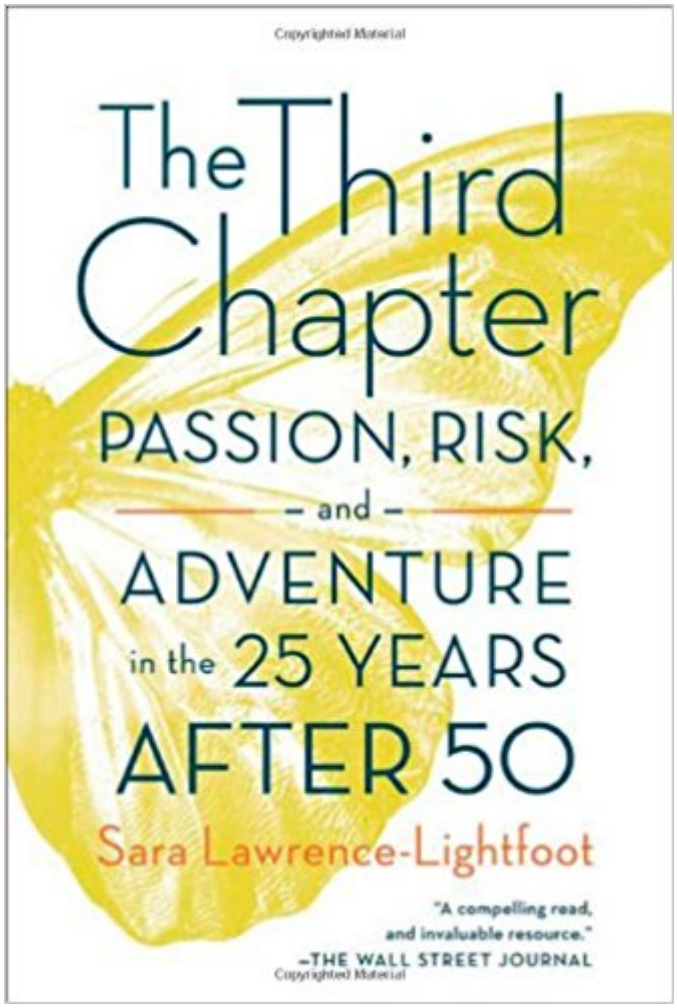
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The Third Chapter: Passion, Risk, And Adventure In The 25 Years After 50



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Synopsis

"We must develop a compelling vision of later life: one that does not assume a trajectory of decline after fifty, but one that recognizes it as a time of change, grown, and new learning; a time when Ã¢â ¬Ëœour courage gives us hope.'" Ã¢â ¬â ¢from The Third ChapterAt a key moment in the twenty-first century, demographers are recognizing the significance of a distinct developmental phase: those years following early adulthood and middle age when we are "neither young nor old." Whether by choice or not, many in their "third chapters" are finding ways to adapt, explore, and channel their energies, skills, and passions in new ways and into new areas.It's this process of creative reinvention that the renowned sociologist Sara Lawrence-Lightfoot details in The Third Chapter, which redefines our views about the casualties and opportunities of aging. She challenges the still-prevailing and anachronistic images of aging by documenting and revealing how the years between fifty and seventy-five may, in fact, be the most transformative and generative time in our lives, tracing the ways in which wisdom, experience, and new learning inspire individual growth and cultural transformation. The Third Chapter is not a how-to guide but a fascinating work of sociology, full of passionate and poignant stories of risk and vulnerability, failure and resilience, challenge and mastery, experimentation and improvisation, and insight and new learning. These stories reveal a whole world of learning and discovery awaiting those who want it. In The Third Chapter, Lawrence-Lightfoot captures a new moment in history and offers us a book rich with insight and hope about our endless capacity for change and growth.

Book Information

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Customer Reviews

New opportunities for creativity and self-fulfillment await men and women between the ages of 50 and 75. Sociologist Lawrence-Lightfoot (Balm in Gilead) coins the term Third Chapter to describe the rich possibilities as illustrated in her extended interviews with 40 well-educated, affluent Americans. Founding her thesis on classic formulations of life-stage development, particularly that of Erik Erikson, the author offers a wide range of models for people who feel burned out, restless or dissatisfied with their lives, describing how each of her subjects became a different person. A newspaper executive retires and devotes himself to fiction writing and playing jazz piano; a law firm partner leaves work behind and develops small urban gardens; in the aftermath of the September 11 terrorist attack, an artist organizes interfaith quilting groups; a neurobiologist moves from the laboratory to the public arena, to work with HIV/AIDS patients in East Africa. Readers feeling that something is missing from their lives, that there is something more they can contribute, will find this book a helpful guide. (Jan.) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Ã¢â ¬Å“The Third Chapter is a compassionate rendering of the challenges of entering uncharted post-career years, followed by an eloquent vision of the joys that lie ahead for those who put giving at the center of living.Ã¢â ¬Â• Ã¢â ¬â ¢Rosabeth Moss Kanter, Harvard Business School Professor and bestselling author of Confidence and America the PrincipledÃ¢â ¬Å“Sara Lawrence-Lightfoot follows her subjects on an extraordinary journey. Read this book and be inspired by the diverse ways these women and men redefine their lives, adding purpose, passion, and reflection as they grow older.Ã¢â ¬Â• Ã¢â ¬â ¢Marian Wright Edelman, President, Children's Defense FundÃ¢â ¬Å“In this singular book, Sara Lawrence-Lightfoot introduces a new stage of life, delineates its intriguing and unexpected contours, and draws lessons that are meaningful for every human being.Ã¢â ¬Â• Ã¢â ¬â ¢Howard Gardner, author of Good Work: When Excellence and Ethics MeetÃ¢â ¬Å“Sara Lawrence-Lightfoot, one of our most graceful and gifted chroniclers of the changing psychological landscape, has produced a biography of the new lifestage emerging between the end of the middle years and the arrival of old age. This remarkable tale is conveyed through the nuanced stories of individuals navigating their way through their fifties, sixties, and seventies, and is punctuated by Lightfoot's arresting observations. The result is not only the best book yet about the changing lifecourse, but an inspiring roadmap for individual and social renewal in the emerging third chapter. As ten thousand baby boomers turn sixty each day, the timing of this book is as exquisite as its insights.Ã¢â ¬Â• Ã¢â ¬â ¢Marc Freedman, author of Encore: Finding Work That Matters in the Second Half of Life and founder/CEO of Civic Ventures

This is a book I've given as a retirement gift to many friends. It speaks to our elder years as a time of tremendous creative potential and fulfillment. I highly recommend it to anyone who is approaching - or has begun - the passage from an active mid-life to a new and different, often unknown, whatever comes next!

I "enjoyed" reading through this book once, but it's not one I would re-read -- and towards the end it got a little tedious. The basic premise of the book is that adults ages 50 to 75 are still functional enough to learn new and challenging subjects. Sick commentary on this society (not the author's fault!) that folks actually feel compelled to write books to state what should be obvious. The greatest weakness of this book (especially for folks who may be looking for a little inspiration) is that it focuses on older adults who have no immediate financial worries. The discouraging underlying premise (pretty much acknowledged by the author) is that if you are having difficulty making ends meet, you are doomed to brain-dead, repetitious employment with little or no opportunity to reinvent yourself towards a more fulfilling existence in your "later" years.

Younger people will know how to age well by taking pointers from these older adults who love life.Older adults who find themselves sad or depressed can get some inspiring ideas on how to re-engage and be excited about everyday again. The trick is to follow your dreams. Remember those dreams you had when you were a kid, and you put them aside because you had to go get a job. Well, its time to revive those dreams.

The book was a very enjoyable read and was very insightful into the difficult but exciting changes that are available to us in life as we grow older. Going through the process is difficult but I am a firm believer that if you confront your issues ,we all come through it stronger and more vibrant. All journeys take time. Patience w/yourself and those you love ensures we all get there. A Good read!! Helpful to see how other people meet their challenges.Enjoy the ride!!

This book should be read when you are in your early 50's. All of us need to start planning and strategizing about how we want to retire. Having a plan beats the alternative. Give some thought to the 3rd chapter of your life: 50-75.

This is a good book if you are someone with college degrees and looking at your 3rd Chapter. I'm

not, so all this did was discourage me and make me regret that I couldn't finish getting my degree.

This was exactly what I was looking for.

As a life coach I especially appreciate this book. Many of my clients are Third Chapter people, and my experience of their desire to reinvent themselves in light of an outdated cultural paradigm about retirement echoes what is showcased in this book. I appreciate what may turn some others off, namely that the third chapter seems to be more open to exploration for those who live in relative safety. It makes sense to me that this be so, however. People who are dealing with survival issues wouldn't be able to focus on the reinvention process (Think Maslow's hierarchy of needs). If this book encourages people to make their unique contribution rather than expecting them to go into a retirement of leisure, how great is that!!?! In our present global unrest and paradigm-shifting, we need the people with heart, with life experience, and hard-won wisdom to make the difference they have time and inclination to make. The book is an easy read. If you're looking for a hard core text, this isn't it.

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