

# Resources on Positive Aging

## COLLABORATIVE ON POSITIVE AGING

### A PROJECT OF COUNCIL ON AGING

[www.councilonaging.com](http://www.councilonaging.com)

#### Books

The Second Half of Life: Opening the Eight Gates of Wisdom • Angeles Arrien, 2007

Spirituality and Aging • Robert C. Atchley, 2009

Composing a Further Life: The Age of Active Wisdom • Mary Catherine Bateson, 2011

The Longevity Prescription: The 8 Proven Keys to a Long, Healthy Life • Robert N Butler, 2010

A Long Bright Future: An Action Plan for a Lifetime of Happiness, Health, and Financial Security • Laura Carstensen, 2009

In the Ever After: Fairy Tales and the Second Half of Life • Allan Chinen, 1989

The Mature Mind: The Positive Power of the Aging Brain • Gene D. Cohen, 2006

Vital Involvement in Old Age • Erik H. Erikson, Joan M. Erikson, Helen Q. Kivnick, 1994

Finding Meaning in Life, at Midlife and Beyond • David Guttman, 2008

Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death • Joan Halifax, 2009

The Force of Character: And the Lasting Life • James Hillman, 2000

Finding Meaning in the Second Half of Life: How to Finally, Really Grow Up • James Hollis, 2006

Knocking on Heaven's Door: The Path to a Better Way of Death • Katy Butler, 2014

The Third Chapter: Passion, Risk, and Adventure in the 25 years after 50 • Sara Lawrence-Lightfoot, 2009

Conscious Aging: On the nature of Change and Facing Death • Ram Dass, 1992

Falling Upward: A Spirituality for the Two Halves of Life • Richard Rohr, 2011

What Are Old People For?: How Elders Will Save the World • Dr. William Thomas, 2005

Aging Well: Surprising Guideposts for a Happier Life from the Landmark Harvard Study of Adult Development • George Vaillant, 2003

From Age-ing to Sage-ing: A Profound New Vision of Growing Older • Zalman Schachter-Shalomi, Ronald S. Miller, 1997

Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life • Dr. William Thomas, 2014

The Age of Actualization: A Handbook for Growing Elder Culture • David "Lucky" Goff, Ph.D., Alexandra Hart, 2014

Live Smart After 50! • Natalie Eldridge, 2013

With a Little Help From Our Friends: Creating Community as We Grow Older • Beth Baker, 2014

#### Internet

[www.youtube.com/](http://www.youtube.com/)  
Search for "positive aging conference 2011"  
Many speaker presentations from the Positive Aging Conference are available for viewing

[www.youtube.com/](http://www.youtube.com/)  
TEDxWomen: Event on "Third Act of Life"  
Jane Fonda, 2012 (search for "Jane Fonda on aging")

Stanford Center on Longevity  
<http://longevity.stanford.edu>

"Aging and Living Well in Sonoma County"  
[www.sonomacounty.org/human/pdf/area\\_plan\\_2012.pdf](http://www.sonomacounty.org/human/pdf/area_plan_2012.pdf)

---

If you or a friend would like to contribute to the Council on Aging's Collaborative on Positive Aging project, you can complete the on-line survey at: [www.surveymonkey.com/s/W692TVL](http://www.surveymonkey.com/s/W692TVL)

For comments/suggestions email [information@councilonaging.com](mailto:information@councilonaging.com)