

"A stirring and splendid book," — *The Wall Street Journal*

Second Wind



NAVIGATING THE PASSAGE
TO A SLOWER, DEEPER, AND
MORE CONNECTED LIFE

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Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life



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From one of the most original and innovative thinkers in medicine, this "stirring and splendid book" (Wall Street Journal) offers groundbreaking insight to the postwar generation on facing their second coming old, a developmental opportunity to reshape their lives and our culture. Dr. In Second Wind, he explores the dreams and disappointments, the struggles and triumphs of a era of 78 million individuals who once said they would never grow old and never trust anyone over thirty. model becoming the dominant model. as a thrilling stage of human growth and development. Thomas reaches the forefront of a strong nationwide motion to reframe "stuck"s " Today, many Boomers now feel " many Boomers are having a harder time transitioning into elderhood than previous generations. But the reality is that each 10. As the Post War generation entered adulthood, they saw three models of what an adult could be: hippies, activists, and squares- Among all of the human beings who've ever lived to find old age, more than half you live among us right now. In Second Wind, Dr. Thomas attempts to guide Boomers into this last developmental stage filled with hope and a fresh sense of what is possible. 8 seconds an American turns sixty-five. the "square" life after adulthood "stardust," Instilled with the belief that they would always be Joni Mitchell' inside the frenzied, performance-structured, money-driven world that no longer suits them. But if indeed they can figure out how to go slower, go deeper, and be more connected to themselves, themselves, and other people of their community, they are able to find the wisdom, joy, and fulfillment that comes with a life that's in balance.



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A cultural study I admire this author tremendously. What he has done for ageing (the Eden project) ought to be nationally enforced! And there are some great truths in this book. However, it truly is primarily a study of our tradition and how exactly we devolved from a family centered country that included elders in the family device to a youth centered individual focused society. Pearls on aging do not appear until page 209 and are scattered throughout. I had envisioned a more aging focused function and to hear more of his tips on aging. they are brokers of transformation, guardians of both our past and our potential. One can argue that is necessary prelude to change, but it may be the focus of this book." "I'll make a straightforward promise. We all age, and we have marginalized and frankly mistreated our elderly. I hope the boomers can transform maturing rather than cling to youth and health as this is of life worth living. Just an excessive amount of filler and repetition for me. The last segment was that which was most helpful to me. The author was wise enough to clearly indicate the fictional parts with italicized letters. It is a location where elders hold their heads high, where age group functions as a virtue that's with the capacity of great and wondrous things, where the slings and arrows of ageism fall harmlessly to the ground. I know it got great reviews, and I got some good information from it, but seemed like it could have been much shorter.. Far too general and full of ludicrous made up terms. The piece about ageing- in the last half-- has some good stuff-especially the 3 responses to ageing-- very useful- but Personally, i found his older publication, 'What Are Old People For? Aging SENIORS pay attention Thomas makes his case for how our culture responded as the infant boomers found their way into adulthood. His evaluation has validity and informs my own connection with those years. Hippies, Activists and Squares are good ways to understand myself, my children and friends. The promise did not come to complete. I am glad to have a hopeful substitute offered that could allow us to embrace and even more completely mine our lives for wisdom that could improve the world for our kids and grand kids while we rescue our legacy from the energy of narcissistic needs that doom the earth to the near future we refused to see. Many insights As a couple in their 60's and early 70's this book is giving us many guideposts and fresh methods to look at our elderhood/ Best for Boomers first fifty percent about boomers - interesting. Nobody in my entire book club thought it was well worth reading. Thomas is a cheerleader for the enthusiastic entry into and acceptance of "elderhood. hippies) and environmental and political activism (we. Will the generation live up to its potential and enter this phase of life with enthusiasm?e. Eventually I felt a bit disappointed- wish I'd gotten it at the library and used notes-- Elderhood This book is a combination history of the "baby boom generation" and speculation about its future. Thomas after that explores what the near future holds for the "baby boom generation" as it heads into retirement--the author prefers the term "elderhood". anti-pollution

and anti-Vietnam battle). The hippie strand promised the "Age group of Aquarius" full of harmony and understanding. The activist side promised a greener world free of nationalistic wars. As we came into power through the First Crucible, we produced choices that formed America and created the opportunity we possess in the next Crucible we are going through now. What went wrong? I believed his condemnation of Stephen Covey was a little bit overdone..". The author, Costs Thomas, considers both to become negative outcomes for a era that showed much promise in its early years. The book includes an extended and comprehensive criticism of Covey's "Seven Habits" movement going so far as to call it a cult.e. The publication describes how this generation burst upon the cultural/political scene in the 60s and 70s with a show of art and creativity (i. Essential read!" more inspiring." Below are some quotations that indicate his understanding of the potential of "elderhood.It is time to start a revolution in how exactly we as a society look in elders. In the chapters that follow, I will surrender caution and bring in you without reservation to a secret world. Much too general and filled with ludicrous made up terms ."... They also possess a depth that youthful people would prosper to emulate... They are heirs to a cultural status rich in honor and dignity."Elders and sages, rightly understood, are much more than aged people. I had not been very interested in his comprehensive reporting of cultural shifts across the decades, which seemed even more sociological. They are what we might yet become."... But it turns out that I couldn't identify closely with the fictional characters.."Elderhood asks if we are willing to accept the truth that people are mortal and benefits those who are willing to do so with a lightness to be known only to anyone who has lost their concern with death. The drive toward ultra efficiency available world is definitely represented by Stephen Covey's The Seven Habits of Highly Effective People... The conservative politics is best demonstrated by the arrival of President Reagan and his political successors..... Finally, elders are able to pivot away from the extrinsic outcome oriented measures of worth and toward a moment-to-moment appreciation to be with others."There were some things about the publication that didn't work for me. Thomas invents numerous new words or perhaps new meanings for terms which I'm not very enthusiastic about. He also is quick to classify people into different classes which is probably necessary but didn't quite fit my understanding of actuality. We got rather a change toward conservative politics and a get toward ultra efficiency available world at the cost of worker loyalty. He also presented several fictional heroes in the reserve to provide examples with which the readers can identify. It is the type of the publication that I would have a look at from the library instead of purchase.. Not bad. This book just doesn't appear to move extremely fast.."Elders have access to a reservoir of emotions and access to an even of emotional control and insight that far exceeds that open to adults..such as a long column in the NYT, or a bit

within their Sunday magazine. Repetitive This book is pretty repetitive for the first 3/4 of the book and I found myself skimming. Five Stars Second Wind opens your eyes, entertains your, and challenges you. Or could it be going to waste its energy in an effort to ignore of the effects of aging or concentrating on the harmful and inevitable areas of losses due to aging? Best Wisdom on Aging Extremely helpful, very good reading. Offers both great background and helpful views of aging. Two Stars kind of boring Strange good article. Much interesting recapping of post war events and sociology, but I under no circumstances quite linked to the points the writer was trying to create. Much repetition without clear point made.



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