[eBooks] Aging And The Meaning Of Time A Multidisciplinary Exploration

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Aging-related Cognitions and Health in Later Life-Susanne Wurm 2007

Viktor Frankl's Contribution to Spirituality and Aging-Melvin Kimble 2000 Viktor Frankl’s Contribution to Spirituality and Aging represents varying professional perspectives on the application of Frankl's logotherapy for ministry with older adults. the chapter authors represent diverse professional backgrounds in medicine, pastoral theology, the behavioral sciences, and pastoral ministry. They address issues such as death and dying, dementia and depression, and the spiritual meaning of aging, as well as Dr. Frankl's conception of the nature of humanity.

The Meaning of "aging in Place" in Hong Kong-羅子亮 2002

Challenges of the Third Age-Robert S. Weiss 2001-11-08 The newly retired are entering a time of life that is virtually uncharted, a time in which they are free from social expectations and, to a large extent, from obligations to others. Life's meanings are no longer provided by work and family. Instead, men and women have the freedom, and the need, to find new activities that they can imbue with meaning. The term, "Third Age" has been given to this time of life during which for most there is relatively good health, financial stability, and reduced family obligations. The problems and possibilities of this "Third Age" serve as the material for this book. How do older people decide how to deploy their continued vitality, now that they are free from the demands of work and children? How do they find meaning in daily life? In this book, scholars from several disciplines consider the way in which meaning can be found in this important stage of later life. They discuss sociological, psychological, and religious determinants of responses to the challenges of finding meaningful activity after retirement.

Aging and the Meaning of Time-Susan McFadden, PhD 2006-05-03 As we confront our own mortality, we might ask, "What has my long life meant and how have the years shaped me?" or "How long must I suffer?" Such questions reflect time-consciousness, the focus of this classic volume. The authors, from diverse disciplines in gerontology, act as guides in the exploration of the realms of time in later life and their meanings. As they examine how the study of time can give new meanings to aging, they also consider the religious and spiritual questions raised when human beings consider the temporal boundaries of life. This volume honors Melvin Kimble's contributions to gerontology and represents a new direction in the study of religion, spirituality, and aging.

The Secret Promise of Aging-Christopher Foster 2013-11 "As years creep by and illness or loss take their toll, we sometimes worry what lies in store for us or if we are on the right path. We wonder, perhaps, if life has meaning, or if we will be able to handle some challenge that is before us. With 41 practical meditations from the author's life, this gentle but strong book reminds us of the power of our unconquerable spirit. And it demonstrates through living examples how the
Gerontology in the Era of the Third Age - Dawn C. Carr, PhD 2011-02-22 The "third age" is described as the period in the life course that occurs after retirement but prior to the onset of disability, revealing a period in which individuals have the capacity to remain actively engaged. This book serves as a comprehensive discussion about how the emergence of the third age has changed the way we think about and examine traditional frameworks regarding aging issues and the life course. It introduces the discussion of the unique challenges and opportunities that older adults face while moving through this early phase of later life, proposing new frameworks, concepts, and methods to re-examine later life in the context of the era of the third age. This book proposes new ways of thinking about how we conceptualize the life course, think about the role of the welfare state in the lives of older people, negotiate social roles in later life, make meaning of our lives as we age, and cultivate relationships with others during later life. It brings together theoretical concepts and frameworks, methodological advances, and emerging themes and controversies that are redefining gerontology in the era of the Third Age. Highlighting important issues that warrant further exploration and discussion, this book advances our understanding of the Third Age and focuses attention on critical issues that should be addressed in future Third Age research and scholarly development. Key Features: Includes up-to-date description and analysis of the third age as a concept, life phase, and social status Addresses multiple perspectives to illustrate the impact of the third age on the way we examine later life Uses disciplinary perspectives such as social policy, demography, gerontology, sociology, social work, anthropology, and social psychology Examines mechanisms that stratify the older population in the context of the third age

Gerontology - Grazia D’Onofrio 2018-07-04 Aging well and actively is the real objective of human being. This book is an up-to-date and realistic view on physiopathological mechanisms of aging and age-related diseases. The book includes topical contributions from multiple disciplines to support the fundamental goals of extending active life and enhancing its quality.

The Meaning of Aging for Women with Childhood Onset Disabilities - Tracie C. Harrison 2004

Death Attitudes and the Older Adult - Adrian Tomer 2018-10-24 This innovative and informative new text bridges the fields of gerontology and thanatology.

In Later Years - Bruce T. Marshall 2018 A Unitarian Universalist minister and chaplain at a large senior residence community leads us on a journey through the stories and experiences of elders, offering insights into navigating this unique stage of life. Drawing on scores of personal interviews, this straightforward yet introspective volume of real-life accounts provides a felt sense of the challenges and blessings of aging. Unlike many books on the topic, In Later Years focuses particularly on older seniors--those in their late seventies, eighties, and nineties. Interviewees thoughtfully share their joys, regrets, accomplishments, and things left unfinished, while also considering the ways they cope with diminishing physical and mental abilities. Weaving these personal reflections and
accounts together, Marshall explores questions of meaning and spirituality that ultimately reveal larger themes and hold up the opportunities for discovery, connection, and renewal available to us in advanced age. The book also serves as an invaluable resource for family members and caregivers, suggesting ways to understand and help with the issues that attend growing old. Detailed appendices provide tips and a simple curriculum for gathering and facilitating group discussions.

**Soul Pain**-Helen K Black 2018-10-26 This book explores the multifaceted experience of suffering in old age. Older adults suffer from a variety of causes such as illness, loss, and life disappointment, to name a few. Suffering also occurs due to experiences related to one’s gender, ethnic background, and religion. Although gerontological literature has equated suffering with depression, grief, pain and sadness, elders themselves distinguished suffering from these concepts and at the same time showed how they are linked. Narratives of suffering from community-dwelling elders are interpreted in this book, along with the personal meaning of suffering that lies within each narrative.

**Aging and Prevention**-Robert E. Hess 1983 Renowned specialists on aging explore the meaning of prevention and provide practical information about programs and services for the elderly. Interesting chapters focus on the prevention of long-term care institutionalization, alternative health delivery systems, informal support networks, and the prevention of domestic neglect and abuse of elderly adults.

**The End of Old Age**-Marc E. Agronin, M.D. 2018-01-16 The acclaimed author of How We Age, whose “descriptive powers are a gift to readers” (Sherwin Nuland), presents a hopeful and practical model of aging—a guide to understanding how we can all make the journey better. As one of America’s leading geriatric psychiatrists, Dr. Marc Agronin sees both the sickest and the healthiest of seniors. He observes what works to make their lives better and more purposeful and what doesn’t. Many authors can talk about aging from their particular vantage points, but Dr. Agronin is on the front lines as he counsels and treats elderly individuals and their loved ones on a daily basis. The latest scientific research and Dr. Agronin’s first-hand experience are brilliantly distilled in The End of Old Age—a call to no longer see aging as an implacable enemy and to start seeing it as a developmental force for enhancing well-being, meaning, and longevity. Throughout The End of Old Age, the focus is squarely on "So what does this mean for me and my family?" In the final part of the book, Dr. Agronin provides simple but revealing charts that you can fill out to identify, develop, and optimize your unique age-given strengths. It’s nothing short of an action plan to help you age better by improving how you value the aging process, guide yourself through stress, and find ways to creatively address change for the best possible experience and outcome.

**The Ability to Shift Meaning in Normal Advanced Aging**-Garen Sparks 2005

**Ageing, meaning and social structure**-Baars, Jan 2014-08-20 Ageing, meaning and social structure is a unique book advancing critical discourse in gerontology and makes a major contribution to understanding key social and ethical dilemmas facing ageing societies. It confronts and integrates approaches that have been relatively isolated from each other, and interrelates two major streams of thought within critical gerontology: analyses of structural issues in the context of political economy and humanistic perspectives on issues of existential meaning. The chapters, from a wide range of contributors, focus on major issues in ageing such as autonomy, agency, frailty, lifestyle, social isolation, dementia and professional challenges in social work and participatory research. This volume should be valuable reading for scholars and graduate students in gerontology and humanistic studies, as well as for policy makers and practitioners working in the field of ageing.

**Disrupt Aging**-Jo Ann Jenkins 2016-04-05

**Finding Meaning in Later Life**-Marcia Nimmer 2018-02-13 Finding Meaning in Later Life: Gathering and Harvesting the Fruits of Women’s Experience is an exploration in understanding the psychological tasks inherent for women in creating and maintaining purpose as they mature and enter their later years. With ever-increasing
lifespan for elders, it becomes important for a society that glorifies youth to meet the challenges of this developmental milestone. Many books and articles on post-midlife are written from a biological and behavioral stance—with quantitative data supporting concrete lifestyle recommendations for "successful aging." Using this lens, successful aging is often defined as having good to excellent health, no disabilities in activities of daily living, good cognitive functioning, and living in the community. That "received wisdom" leads to the conundrum that the only path to successful aging is by not aging! This book challenges current thoughts on aging, expanding our perspective such that purpose and meaning in later years derives from inner resources that are not dependent on biological and physical states of being. Its conclusions stem from the direct experience and voices of mature women, obtained through qualitative research. The results of this study shed light on existential theories, bringing them to life with added weight and traction. Ultimately, the ideas explored here unfold as a map to navigate this often-misunderstood stage in life.

**Healing Your Grief About Aging**-Alan D. Wolfelt 2012-11-01 Getting older goes hand in hand with losses of many kinds—ending careers, empty nests, illness, the deaths of loved ones—and this book by one of the world's most beloved grief experts helps one acknowledge and mourn the many losses of aging while also offering advice for living better in old age. The 100 practical tips and activities address the emotional, spiritual, cognitive, social, and physical needs of seniors who want to age authentically and gracefully, and each idea also includes a seize-the-day action to live fully and with joy in the present moment. For those who've just entered their 50s or are well on their way to the century mark, this book promises elder-friendly tips for comfort, laughter, and inspiration.

**Music, Memory, and Meaning**-Meredith Hamons 2017-08-16 Written for family members, caregivers, health care workers, and activity professionals, Music, Memory, and Meaning is the answer for those looking to understand and effectively use the power of music with aging older adults. A practical guide to using music to create connections, this book provides strategies, techniques, ideas, and resources for getting the most out of a shared listening experience. Containing over 100 engaged listening discussions and 15 research-based and professionally reviewed playlists, this book guides readers, even those with no musical experience, towards successfully using music to connect with aging loved ones living with cognitive decline or dementia. Readily adaptable, Music, Memory, and Meaning can be used with older adults in all levels of care and is appropriate for use both in individual and group settings.

**Seekers of Meaning**-Richard F. Address 2011

**Religion and Aging**-Andrea Bieler 2017-11-01 This collection of essays explores the intersection of religious, psychosocial, economic and cultural issues in relation to the dramatic demographic shifts we are facing on a global scale. Theologians, gerontologists, anthropologists and practitioners reflect on the meaning of aging in diverse contexts such as Indonesia, South Africa, Tanzania, Botswana, Germany, Mexico, and Switzerland. Assuming that aging is an intricate process that encompasses enrichment and loss, the gain of wisdom and the loss of memory, and the expansion as well as the constraint of agency, the essays analyze how these dynamics play out in different cultural contexts. Special attention is given to the role of religion in processes of aging.
Religion and Aging—Derrell R. Watkins
2012-12-06 Find solace and wise counsel in these classics of spiritual gerontology! In these days, when so many people live beyond the Biblical three score and ten, the spiritual questing and questioning of the aged demands a meaningful response from clergy, family members, and nursing home staff. The essays and research studies reprinted in Religion and Aging: An Anthology of the Poppele Papers investigate the role of faith in older people’s lives. Many of these classic studies have been updated with new information. These essays were originally published in the Quarterly Papers on Religion and Aging. This renowned journal was issued from 1984 to 1994 by the Poppele Center for Health and Welfare Studies at the Saint Paul School of Theology in Kansas City, Missouri. The issues of spiritual gerontology discussed in that journal are still powerfully relevant today. Because back issues of the journal are not widely available, the cream of its ten-year history is being reissued in permanent form. Religion and Aging offers unfailing wisdom and insight in a broad range of issues, including: training clergy to be more responsive to the needs of older people; a historical perspective on the meaning of “honoring thy father and mother” in first-century Judaism and Christianity; the Psalms as a way to help nursing home residents deal with pain, loneliness, anger, and other difficult emotions; original research into belief patterns of older Americans ways to give meaning to suffering suggested by the lives and works of Viktor Frankl, Martin Gray, and Rabbi Harold Kushner; techniques of communicating with older people; Religion and Aging is an invaluable resource to anyone who works with old people, whether in adult day-care programs, nursing homes, hospitals, or other senior citizens’ groups. It will help chaplains, pastors, rabbis, and other clergy minister more effectively to the older members of their flock.

Women and Ageing—Margaret O’Neill
2020-12-18 This edited collection considers the ways older women’s life narratives redefine culturally imposed conceptions of what it means to grow older. Drawing on research from age studies as well as social and cultural gerontology, the contributors explore the subjective accounts and diverse voices of older women. In doing so, they examine the tensions between older women’s social identities versus their individual narratives. In their chapters, the contributors acknowledge, explore and contextualise women’s experiences of growing older, thus counterbalancing the often one-sided, negative representations of ageing perpetuated by dominant cultural discourse. They focus on diverse forms of life writing including memoirs and (auto)biography, digital and visual forms of life narrative as well as autoethnographic accounts. As the chapters in this collection demonstrate, life writing by and about older women often necessitates opening out literary forms and modes of critique, searching for narrative and performative strategies, and creating spaces in which to inscribe subjective experiences. Relationships, intergenerational connections, and visual and material cues are often integral to these analyses, which assert the richness of older women’s life narratives. The chapters in this book were originally published as a special issue of Life Writing.

Ageless—Andrew Steele
2021-03-23 “A fascinating look at how scientists are working to help doctors treat not just one disease at a time, but the aging process itself.” —Dr. Sanjay Gupta
A startling chronicle by a brilliant young scientist takes us onto the frontiers of the science of aging, and reveals how close we are to an astonishing extension of our life spans and a vastly improved quality of life in our later years. Aging—not cancer, not heart disease—is the true underlying cause of most human death and suffering. We accept as inevitable that as we advance in years our bodies and minds begin to deteriorate and that we are ever more likely to be felled by dementia or disease. But we never really ask—is aging necessary? Biologists, on the other hand, have been investigating that question for years. After all, there are tortoises and salamanders whose risk of dying is the same no matter how old they are. With the help of science, could humans find a way to become old without getting frail, a phenomenon known as "biological immortality"? In Ageless, Andrew Steele, a computational biologist and science writer, takes us on a journey through the laboratories where scientists are studying every bodily system that declines with age—DNA, mitochondria, stem cells, our immune systems—and developing therapies to reverse the trend. With bell-clear writing and intellectual passion,
Steele shines a spotlight on a little-known revolution already underway.

**The Fountain of Age**-Betty Friedan 1993 The author explores the meaning of age and aging in contemporary society, for both men and women

**The Meaning of Spirituality to Older Women in Assisted Living Communities**-Kathryn Cox 2013

**Productive Aging**-Ralph and Muriel Pumphrey Professor of Social Work and the Director of the Harvey a Friedman Center for Aging Nancy Morrow-Howell 2001-04-27 This book treats the implications of productive aging as challenges. It combines the theories of gerontology with practical considerations and acknowledging the contributions of leading researchers in the field of aging. As baby boomers are aging, they can hope to maintain a quality of life that previous generations have not enjoyed.

**Emergent Theories of Aging**-James E. Birren 1988

**Leisure and Aging**-Heather Julie Gibson 2012 "Leisure and Aging: Theory and Practice" provides students and professionals with a balanced perspective of current knowledge as it presents cutting-edge research in both fields. Supplemented by online ancillaries, this text offers a wealth of knowledge on various aspects of life for older people and the role of leisure in their lives.

**Ageless Soul**-Thomas Moore 2017-10-10 Thomas Moore is the renowned author of Care of the Soul, the classic #1 New York Times bestseller. In Ageless Soul, Moore reveals a fresh, optimistic, and rewarding path toward aging, one that need not be feared, but rather embraced and cherished. In Moore’s view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person. Using examples from his practice as a psychotherapist and teacher who lectures widely on the soul of medicine and spirituality, Moore argues for a new vision of aging: as a dramatic series of initiations, rather than a diminishing experience, one that each of us has the tools—experience, maturity, fulfillment—to live out. Subjects include: *Why melancholy is a natural part of aging, and how to accept it, rather than confuse it with depression *The vital role of the elder and mentor in the lives of younger people *The many paths of spiritual growth and learning that open later in life *Sex and sensuality *Building new communities and leaving a legacy Ageless Soul will teach readers how to embrace the richness of experience and how to take life on, accept invitations to new vitality, and feel fulfilled as they get older.

**The Ageless Self**-Sharon R. Kaufman 1986 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
"Gray Matters" - Julie L. Rohovit 2000

Images of Aging - Mike Featherstone 1995
The contributors in this book discuss images of aging which have come to circulate in the advanced industrial societies today. They address such themes as gender images of aging, images of health, illness and death.

Meaning and Value in a Secular Age - Paul Kurtz 2012-06-26
The secular age has confronted human beings with a fundamental challenge. While the naturalistic worldview rooted in science has persuasively shown that traditional religious conceptions of the universe are unsustainable, it has so far offered no compelling secular narratives to replace the religious narratives so entrenched in civilization. In the absence of religion, how do thoughtful contemporary individuals find meaning in a secular world? In this book, philosopher Paul Kurtz argues for a new approach that he calls eupraxsophy. Kurtz first coined the term in 1988 to characterize a secular orientation to life that stands in contrast to religion. Derived from three ancient Greek roots, eupraxsophy literally means "good practice and wisdom." Drawing upon philosophy, science, and ethics, eupraxsophy provides a thoroughly secular moral vision, which respects the place of human values in the context of the natural world and presents an empirically responsible yet hopeful picture of the human situation and the cosmos in which we abide. Editor Nathan Bupp has conveniently gathered together Kurtz’s key writings about the theory and practice of eupraxsophy for the first time in this volume. Written with eloquence and scope, these incisive essays show how Kurtz’s brand of humanism moves above and beyond the current "new atheism." Eupraxsophy successfully bridges the cultural divide between science and value and provides a genuine and constructive alternative to religion. Bupp's informative introduction places the concept of eupraxsophy in historical perspective and shows why it is critically important, and relevant, today.

Issues in Global Aging - Frederick L Ahearn Jr 2014-03-18
Gain a new perspective on the international implications of our aging population! This comprehensive book examines a broad array of international concerns in gerontology. Issues in Global Aging addresses the implications of the rapid growth in elderly populations in both the Third World and industrialized nations including the US, Israel, Pakistan, and the UK. It examines successful policy and programmatic approaches to dealing with the practical needs of older citizens for health care, pensions, work, and personal care. Issues in Global Aging brings together case studies, empirical research, and theoretical exploration of policies and services for the elderly around the world. It also considers the spiritual dimension of aging and the influence of various religious and cultural beliefs on gerontology policy and practice. Issues in Global Aging addresses urgent questions concerning the ever-increasing elderly population, including: what are the economic implications of the demographic shift toward an older population? who is responsible for caring for the elderly in various cultures? how can older people find economic security? how does spiritual practice give older people self-esteem and a sense of personal meaning? Issues in Global Aging is an essential source of fresh thought and useful research for gerontologists, social workers, policymakers, economists, and ministers who work with older people.

Epigenetics of Aging - Trygve O. Tollefsbol 2009-11-11
Recent studies have indicated that epigenetic processes may play a major role in both cellular and organismal aging. These epigenetic processes include not only DNA methylation and histone modifications, but also extend to many other epigenetic mediators such as the polycomb group proteins, chromosomal position effects, and noncoding RNA. The topics of this book range from fundamental changes in DNA methylation in aging to the most recent research on intervention into epigenetic modifications to modulate the aging process. The major topics of epigenetics and aging covered in this book are: 1) DNA methylation and histone modifications in aging; 2) Other epigenetic processes and aging; 3) Impact of epigenetics on aging; 4) Epigenetics of age-related diseases; 5) Epigenetic interventions and aging; and 6) Future directions in epigenetic aging research. The most studied of epigenetic processes, DNA methylation, has been associated with cellular aging and aging of organisms for many years. It is now apparent that both global and gene-
specific alterations occur not only in DNA methylation during aging, but also in several histone alterations. Many epigenetic alterations can have an impact on aging processes such as stem cell aging, control of telomerase, modifications of telomeres, and epigenetic drift can impact the aging process as evident in the recent studies of aging monozygotic twins. Numerous age-related diseases are affected by epigenetic mechanisms. For example, recent studies have shown that DNA methylation is altered in Alzheimer’s disease and autoimmunity. Other prevalent diseases that have been associated with age-related epigenetic changes include cancer and diabetes. Paternal age and epigenetic changes appear to have an effect on schizophrenia and epigenetic silencing has been associated with several of the progeroid syndromes of premature aging. Moreover, the impact of dietary or drug intervention into epigenetic processes as they affect normal aging or age-related diseases is becoming increasingly feasible.


The Map of Meaning-Marjolein Lips-Wiersma 2017-09-08 This book introduces a "Map of Meaning" called the Holistic Development Model, which provides a clear, simple and profound framework of the dimensions and process of living and working meaningfully. Like all reliable maps one has been carefully tested. It is based on over 15 years' research into the insights and practice of ordinary people. Although the authors borrow from the work of philosophers, psychologists and sociologists to provide evidence and context for their ideas, the main contribution of this book is that it describes how ordinary human beings wrestle with, and give answers to, the questions of "What is meaningful work and a meaningful life?" This innate human knowledge is captured in a practical model that makes understanding and working with issues of meaning clear and accessible to everyone. At an individual level this book helps people to define and stay in contact with what is most important to them as they grapple with the real problems of daily life and suggests how they can stay in charge of keeping the human search for meaning alive, especially in the face of the challenges that exist in organizational life. The authors recognize that in the current economic context a simple map of meaning is essential, precisely because organizational life has become so intensely directed towards a singular economic goal. They argue that it is vital that people have a simple and powerful way to reclaim the significance of meaning in their working lives. There are numerous studies that show conclusively that meaningful work, or its absence, influences some important outcomes in organizational life such as motivation, absenteeism, work behaviour, engagement, job satisfaction, empowerment, stress and performance. But people's humanity and search for meaning, so often compromised at work, is not something that can be mechanised by the latest self-help or managerial technique. It is not something that can be picked up and dropped as convenient. The authors argue that being human is not a fad. Being human is enduring and needs to be taken seriously. Creating meaningful work, therefore, leads to many desired organizational outcomes, but implementing it does require the courage to question some fundamental ways of thinking about business and the integrity to engage with the issues sincerely. At an organizational level this book offers many practical examples of how to build and maintain workplaces that are meaningful to people. The idea that there is a parallel between the meanings, decision-making dynamics and actions of individuals and organizations is central to the structure of this book. It therefore addresses meaning at both individual and organizational level and in the dynamic between them. This is neither a self-help book, nor an organizational systems book; its strength is that it draws together the aspirations of individuals with those of the organizations in which they work. At the same time, this is not a naïve book. One of the strengths of the Holistic Development Model is that it takes tensions, paradoxes and imperfections as a given. They are part of being human and they are part of organizations. The book is not only about the importance of living meaningfully, it is about how
to do it. The book is full of stories of people who have worked with the model. They demonstrate the versatility of the model and how it helps them to analyse, speak to, plan around and respond to an enormous variety of everyday issues and situations. It is this resourcefulness the authors would like readers to get from this book and have at their fingertips. This book is primarily written for anyone, from a CEO to a blue-collar worker or consultant, who is interested in creating more meaning and purpose in work and organizations, and who would like to better understand how to get others on board. It is for those searching for ways to re-energize their roles or change their careers. It is for anyone who firmly believes that it must be possible to align our deeper life purposes with our daily actions in the workplace.