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Composing a Further Life: The Age of Active Wisdom

Mary Catherine Bateson

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Mary Catherine Bateson—author of the landmark bestseller *Composing a Life*—gives us an inspiring exploration of a new life stage that she calls Adulthood II, a result of the longer life spans and greater resources we now enjoy. In *Composing a Further Life*, Bateson redefines old age as an opportunity to reinvent ourselves and challenges us to use it to pursue new sources of meaning and ways to contribute to society.

Bateson shares the stories of men and women who are flourishing examples of this “age of active wisdom”—from a retired boatyard worker turned silversmith to a famous actress to a former foundation president exploring the crucial role of grandparents in our society. Retiring no longer means withdrawing from life, but engaging with it more deeply, and *Composing a Further Life* points the way.

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