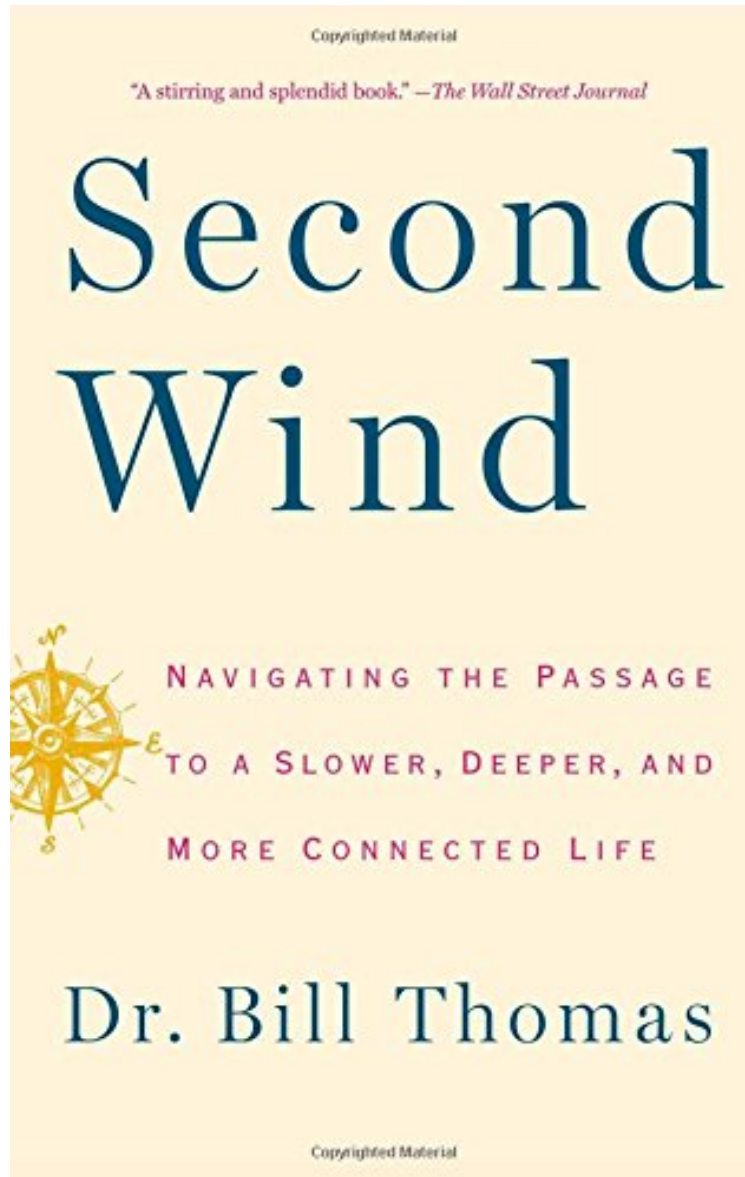


(Free pdf) Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life

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

Dr. Bill Thomas

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Dr. Bill Thomas : Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life:

0 of 0 people found the following review helpful. Strange piece of work. By L P Much interesting recapping of post war events and sociology, but I never quite connected with the points the author was trying to make. Much repetition with no clear point made. 2 of 2 people found the following review helpful. It has a very positive point of view about the ... By Charles W. Harris It has a very positive point of view about the challenges and opportunities human's face as they move into the last one third of their life spans. 2 of 2 people found the following review helpful. I liked "Aging Well" better since its more research based. By Coach Bob Another helpful perspective on issues of aging. How do we deal creatively with inevitable challenges. I liked "Aging Well" better since its more research based.

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 of age, a developmental opportunity to reshape their lives and our society. Dr. Thomas is at the forefront of a strong nationwide movement to reframe life after adulthood as an exciting stage of human growth and development. In *Second Wind*, he explores the dreams and disappointments, the struggles and triumphs of a generation of 78 million people who once said they would never grow old and never trust anyone over thirty. Instilled with the belief that they would always be Joni Mitchells stardust, many Boomers are having a harder time transitioning into elderhood than previous generations. But the reality is that every 10.8 seconds an American turns sixty-five. Among all the human beings who have ever lived to see old age, more than half are living among us right now. In *Second Wind*, Dr. Thomas attempts to guide Boomers into this final developmental stage filled with hope and a new sense of what is possible. As the Post War generation entered adulthood, they saw three models of what an adult could be: hippies, activists, and square the square model becoming the dominant model. Now, many Boomers now feel stuck inside the frenzied, performance-based, money-driven world that no longer suits them. But if they can learn to go slower, go deeper, and be more connected to themselves, their loved ones, and other members of their community, they can find the wisdom, happiness, and fulfillment that comes with a life that is in balance.

"A stirring and splendid book." (The Wall Street Journal) "In *Second Wind*, Bill Thomas goes deep inside our culture. Like the best kind of doctor, he evaluates the toll our hurried, quantified, and driven lives have taken on us before he suggests a new way forward. He'll challenge the way you think about your future. And you'll want to make the journey with him." (Jane Pauley, author of *Your Life Calling*) "Slowing down as we age, in the way that Dr. William Thomas means it, is not only a pleasure, but also a necessity. The brain research is clear: if we don't de-stress and rethink our lives in our fifties and beyond, we can not only lose our longevity but also increase our rates of depression, anxiety, and mental illness down the line. And so I will personally heed Dr. Thomas's advice in *Second Wind*, and I highly recommend this very practical and accessible book to everyone over fifty." (Michael Gurian, author of *The Wonder of Aging*) *Second Wind* is a tour de force. A beautifully crafted narrative on the forces that have shaped the baby boom generation. And a roadmap for how this massive group can now use their accumulated wisdom and elderhood as a potent force for cultural renewal, connection, and deep healing. (Christiane Northrup, M.D., OB/GYN physician and author of the New York Times bestsellers *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*) "As the great migration beyond midlife gathers momentum and scale, millions are looking for deeper meaning, more significant roles, and connections that span the generations asking the question, How do I live a life that still matters?." Bill Thomas has emerged as the visionary leader and preeminent storyteller of this movement to make a monument out of what once were considered the leftover years. And now, with *Second Wind*, he has given us an inspiring and pragmatic guide for the path to purpose in the second half of life. It is destined to become a classic. (Marc Freedman, Founder/CEO, Encore.org and author *The Big Shift*) "Digging ever deeper into the etiology of what he learned treating the frailest people in nursing homes, Dr. William Thomas came to realize that the very culture in which we age needs to be healed. *Second Wind* is his RX for healing not just the cultural disease that exacerbates every illness that afflicts old age, but also the 'Koyaanisquati,' the life out of balance diagnosed by Hopi elders that threatens the future of humanity. As he demonstrates in *Second Wind*, it's all connected." (Barry Barkan, Director, Live Oak Institute) "Sound concepts...grounded and useful." (Publishers Weekly) "Stunning and insightful" *Second Wind* is not only a blueprint for individual fulfillment, its a generational mandate Thomas has given us an inspiring and pragmatic guide for the path to purpose in the second half of life. (Encore.org) "An intellectual feast about the possibilities of life after adulthood....thought-provoking and motivating." (Boomers.typepad.com) "A mixture of social history, culture, philosophy, and commentary....The book expanded my understanding of my generation why we think the way we do and why we do the things that we do...visionary." (BiFocal) About the Author Dr. Bill Thomas is a visionary and internationally recognized expert on aging. He is an Ashoka Fellow and winner of the Heinz Award for the Human Condition. He cocreated *The Eden Alternative*, an international nonprofit, and *The Green House Project*, both models to revolutionize nursing home care. In addition to teaching, speaking, and consulting internationally, he is currently a Senior Fellow at AARP's Life Reimagined Institute. A graduate of the State University of New York and Harvard Medical School, he lives in Ithaca, New York with his family.