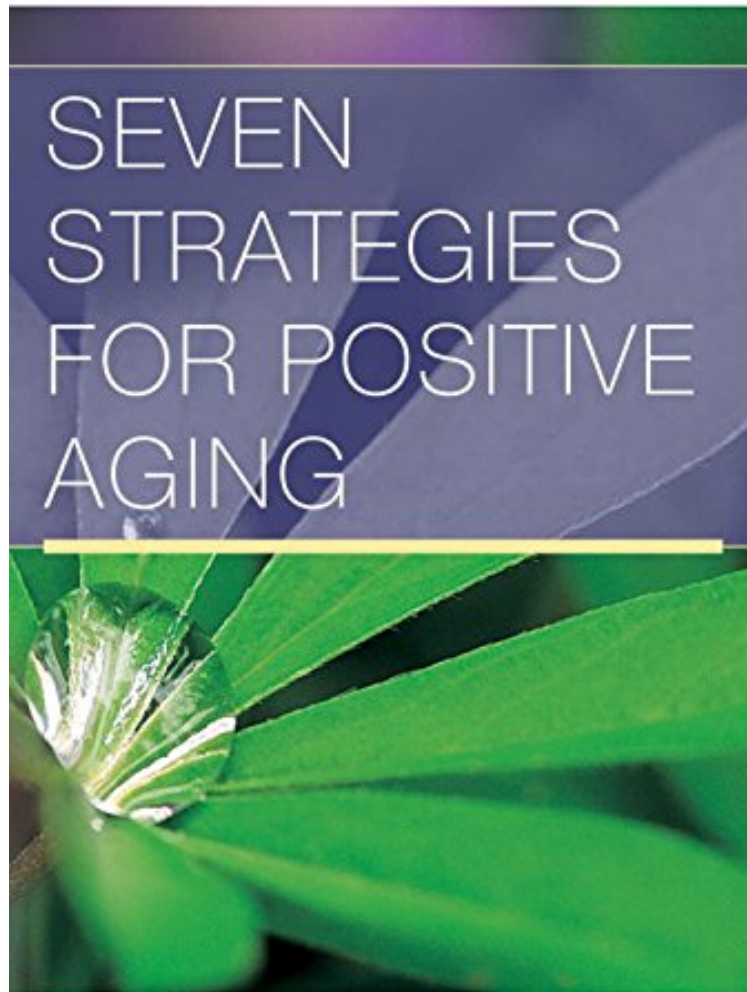


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Seven Strategies for Positive Aging (Norton Professional Books (Paperback))

Robert D. Hill

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ROBERT D. HILL

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Robert D. Hill : Seven Strategies for Positive Aging (Norton Professional Books (Paperback)) before purchasing it in order to gage whether or not it would be worth my time, and all praised Seven Strategies for Positive Aging (Norton Professional Books (Paperback)):

9 of 9 people found the following review helpful. Practical ideas for personal growth over 50By Paul R. YoungDr. Robert Hill is a psychologist, professor, and researcher in geriatric care.Quote: "People who develop a habit of emphasizing the positive do better when they are confronted with challenges or difficulties in life."I really like this

book because it gives me hope. Hope that I can live into old age with a more positive attitude toward growing old. The book is divided into 7 strategies. The premise is that by adopting these kinds of positive aging attitudes and strategies, aging will be a more meaningful experience, regardless of your health and other obstacles. How to use this book Don't skip the introduction. It's a really good overview of the entire book. I read the introduction 3 times before moving on. Then I skimmed the book, and picked 2 sections to work on first: Strategy # 5 - "By giving and receiving help you promote growth." "When I volunteer to help others, it helps fill my time with meaningful activities that take my mind off my own troubles." Strategy # 6 - "You can forgive yourself and others." "When I practice the attitudes of forgiveness, everyday slights and setbacks seem to be less serious. As Confucius said: "To be wronged is nothing unless you continue to remember it." I highly recommend this book to all ages for its' wisdom, and particularly to those of us looking for personal growth and meaning after age 50. [...] 19 of 20 people found the following review helpful. Positive Choices By Rebecca of "People who develop a habit of emphasizing the positive do better when they are confronted with challenges or difficulties in life." ~ pg. 62 "Seven Strategies for Positive Aging" is a book about positive choices as you grow older. Robert D. Hill presents life-changing ideas and looks at aging as a challenge to look forward to. Not only does he believe you can age more gracefully, he also believes those around you can benefit from your wisdom. He discusses grief, volunteering, forgiveness and being grateful. He deals more with the psychological aspects of aging instead of focusing on skin creams, exercise and supplements. Robert D. Hill believes you can be emotionally healthier and happier by following some of his positive ideas about how to live. Instead of becoming more and more isolated as we age, the reader is encouraged to reach out into the community and to form friendships that last a lifetime. While death is inevitable, how you live your final years can be a positive experience. I can recommend this book to anyone over 50 although a few of the chapters are appropriate for any age. ~ The Rebecca Review 4 of 4 people found the following review helpful. Designed to promote well-being in later life By Midwest Book Review This innovative approach to aging is designed to promote well-being in later life and provides strategies organized into seven chapters on how to learn, discover sources of wisdom, strengthen relationships, and more. The idea is to blend general life paths into keys to staying positive and upbeat during challenging times, and here examples of real people and their different, successful approaches provide role models for inspiration.

Filled with practical and effective strategies, skill-building techniques, and advice based on the most recent research on the psychology of aging, Dr. Hill demonstrates how people can help themselves age productively and positively. A practical companion to Robert Hill's *Positive Aging: A Guide for Mental Health Professionals and Consumers*, *Seven Strategies for Positive Aging* presents essential tactics that encourage the development of positive aging skills. In *Positive Aging*, Dr. Hill challenged traditional conceptions about aging and offered a new theoretical framework for understanding the nature of aging. He argued that Positive Agers can be found everywhere, and come from all walks of life. They find satisfaction in life regardless of their personal circumstances. By adopting affirmative lifestyle choices and positive spirituality, they are able to age well. In his new book, Robert Hill explains how anyone can adopt and develop positive aging skills. Dr. Hill has drawn upon the theoretical perspective first presented in *Positive Aging* to develop practical exercises and techniques that are easily accessible to the reader interested in discovering how best to adapt to the aging process. The reader will discover meaning through lifespan learning, learn how to transform age-related decline, and find out how to employ the principles of continuity in order to feel good about oneself, even during challenging times. The reader will also learn how to apply meaning-centered techniques of belonging, altruism, gratitude, and forgiveness in his or her own life, in order to enhance emotional health. These techniques are organized into seven distinct chapters: Learning, Meaning, Wisdom, Belonging, Helping, Gratitude, and Forgiveness.

An increasing number of books address human aging. Some are scholarly descriptions of the physical and mental decline that accompanies aging. Many more are popular prescriptions for avoiding that decline, with formulas for keeping physically or mentally younger. Robert Hill takes a different approach. First he confirms that aging, and even decline, are inevitable. But then he suggests that maturation is the completion of life. And most importantly, he offers strategies for making the most of one's later years. *Seven Strategies for Positive Aging* can help you optimize this experience for yourself, for those you care about, or for your professional clientele. - John Nelson, co-author of *What Color is Your Parachute? For Retirement* About the Author Dr. Robert D. Hill has studied issues of normal and pathological aging internationally at the Karolinska Institute in Stockholm, Sweden and in the Netherlands through a Fulbright Fellowship at Maastricht University where he developed and wrote *Positive Aging*. A licensed psychologist in the State of Utah and the Chair of the Department of Educational Psychology at the University of Utah, he holds a diplomate in Counseling Psychology from the American Board of Professional Psychology.