

FINDING OUR WAY: A Workshop on Self Re-Discovery

Osher Lifelong Learning Institute at George Mason University

Fall 2016

Volunteer Instructor: Anne B. Drissel

Suggested Readings – a partial list

Agus, David, and Kristin Loberg. *A Short Guide to a Long Life*.

Arrien, Angeles. *The Second Half of Life: Opening the Eight Gates of Wisdom*. Boulder, CO: Sounds True, 2005.

Bach, David. *Smart Women Finish Rich: 9 Steps to Achieving Financial Security and Funding Your Dreams*. New York: Broadway, 2002.

Crowley, Chris, and Henry S. Lodge. *Younger next Year for Women: Live Strong, Fit, and Sexy -- until You're 80 and beyond*. New York: Workman, 2007.

Crowley, Chris, and Jen Sacheck. *Thinner This Year: A Younger next Year Book*.

Crowley, Chris, Bill Fabrocini, and Henry S. Lodge. *Younger next Year: The Exercise Program*.

Frankel, Bruce. *What Should I Do with the Rest of My Life? True Stories of Finding Success, Passion, and New Meaning in the Second Half of Life*. New York: Avery, 2010.

Gill, Brendan. *Late Bloomers*. New York: Artisan, 1996.

Leider, Richard, and Alan M. Webber. *Life Reimagined: Discovering Your New Life Possibilities*.

Plasker, Eric. *The 100-year Lifestyle*. Avon, MA: Adams Media, 2007.

Schlossberg, Nancy K. *Retire Smart, Retire Happy: Finding Your True Path in Life*. Washington, D.C.: American Psychological Association, 2003.

Smith, Keri. *Living out Loud: Activities to Fuel a Creative Life*. San Francisco: Chronicle, 2003.

Sully, Susan. *The Late Bloomer's Guide to Success at Any Age*. New York: Quill, 2000.

Thomas, William H. *Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life*.

Trafford, Abigail. *My Time: Making the Most of Bonus Decades after 50*. New York: Basic, 2004.

Trafford, Abigail. *My Time: Making the Most of the Rest of Your Life*. New York: Basic, 2004.