



# Prime Time: Flourishing After 60

*Diane S. Schaupp*

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## **Prime Time: Flourishing After 60** Diane S. Schaupp

Do We Have the Power to Craft Our Life After 60? Dr. Diane Schaupp tackles this question in her important dialogue about the "new life" that can be created by those who have passed through the hoops of parenthood or professional lives or work-a-day-worlds and who finally have the time and space to craft the years ahead with the same energy a college student commits to figure out his/her major or career choice. This book gives new meaning to the terms self-acceptance, personal adaptability and interdependence. **PRIME TIME** identifies three developmental stages of aging. It chronicles the journey from around age 60 when confusion sets in about the emotional and physical challenges associated with the inevitable declines of aging and the issues of retirement, relationships and living arrangements. The individual begins to address the ways they can learn to flourish while at the same time leaving a meaningful legacy. Dr. Schaupp illustrates how the vulnerabilities aging adults face offer them a unique opportunity for self-reflection and self-fulfillment, as they craft a "new life" with the requisite psychological tools and strong determination. **PRIME TIME** focuses on the emotional aspects of aging and how one can achieve emotional balance, which is important if one is to flourish in their lifetime. Areas such as ease in relationships, financial security and personal well-being follow along when one's being is emotionally balanced. In **PRIME TIME**, Dr. Schaupp discards the outdated perspective that old age is a time of decline. She adopts a new, positive view of aging, illustrating the path individuals can follow so they can capture the elusive qualities of flourishing and thriving emotionally and psychologically.

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