



The Adult Years: Mastering the Art of Self-Renewal

By Frederic M. Hudson

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The Adult Years is a compelling look at adulthood as an opportunity for continual revitalization, reorientation, and positive change. In this revised edition, Frederic Hudson updates and refines his vision, reflecting the extraordinary challenges we all face in today's fast-paced, ever-changing society. Whether you are eighteen or eighty-eight, this classic best-selling guide will inspire you to unlock the power of personal renewal.

Praise for the First Edition

"The most compelling book ever written on personal transition and transformation. If you are concerned about your own renewal and the renewal of our planet, you must read this book."--James M. Kouzes, coauthor of The Leadership Challenge, Second Edition

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Editorial Review

From Library Journal

Superseding Gail Sheehy (*Passages*, LJ 5/15/76) and other stage theorists of adult life, Hudson writes that college graduates will achieve personal fulfillment and develop into better mentors and leaders if they see life as cycles of stability, as opposed to "transition and reevaluation, followed by more stability." Adults, Hudson claims, perform major tasks like work and caretaking repeatedly but differently over the course of a lifetime. These tasks require skills, and the most notable skill is "self-renewal"--an exploration that may lead to a transformation of values, beliefs, and feelings. Although his analysis of society has major faults (e.g., he virtually ignores self-help groups and religion), Hudson's model for adult development is detailed, interdisciplinary, and useful. An excellent choice for public and academic libraries.

- *Steven A. Fondiller, St. John's Univ. Lib., Jamaica,*

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Review

"The most compelling book ever written on personal transition and transformation. If you are concerned about your own renewal and the renewal of our planet, you must read this book." --James M. Kouzes, coauthor of *The Leadership Challenge*, Second Edition

"The Adult Years will help you to think about your life--and to stay vital all your life." --John W. Gardner, consulting professor, Stanford University, former secretary of Health, Education and Welfare

"If you want to sustain personal empowerment throughout your adult years, read this book. Whether you are young or old, up or down, married or divorced, you will be inspired and informed by this book." --Harville HAndrix, author of *Getting the Love You Want: A Guide for Couples*

"I recommend Hudson's book with great enthusiasm to all who are interested in quality of life and peak performance in life's middle years." --Charles A. Garfield, author of *Peak Performers: The New Heroes of American Business*

"A rare blend of personal experience and testimony from people of many ages. This book provides a refreshingly optimistic perspective on age and aging." --Judy Stevens-Long, author of *Adult Life*, fourth edition

"I have taught adult development for years, and there simply is no book that is more informative about the growth and development of adults than Hudson's *Adult Years*. It is an amazing distillation of the field, and so exciting to read. It should be a text in adult development courses everywhere." --Judy Stevens-Long, author of *Adult Life*, This endorsement was supplied specifically for the second edition

From the Inside Flap

A Compelling Guide to Continual Self-Renewal
The Adult Years is a compelling look at adulthood as an opportunity for continual revitalization, reorientation, and positive change. In this revised edition, Frederic Hudson updates and refines his vision, reflecting the extraordinary challenges we all face in today's fast-paced, ever-changing society. Whether you are eighteen or eighty-eight, this classic best-selling guide will inspire you to unlock the power of personal renewal.
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renewal of our planet, you must read this book."-James M. Kouzes, coauthor of *The Leadership Challenge, Second Edition*"The Adult Years will help you to think about your life-and to stay vital all your life."-John W. Gardner, consulting professor, Stanford University, former secretary of Health, Education and Welfare"If you want to sustain personal empowerment throughout your adult years, read this book. Whether you are young or old, up or down, married or divorced, you will be inspired and informed by this book."-Harville HAndrix, author of *Getting the Love You Want: A Guide for Couples*"I recommAnd Hudson's book with great enthusiasm to all who are interested in quality of life and peak performance in life's middle years."- Charles A. Garfield, author of *Peak Performers: The New Heroes of American Business*"A rare blAnd of personal experience and testimony from people of many ages. This book provides a refreshingly optimistic perspective on age and aging."-Judy Stevens-Long, author of *Adult Life*, fourth edition

Users Review

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Elaine Rode:

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