

Richard J. Leider and David A. Shapiro

Who Do You Want to Be When You Grow Old?

The Path of Purposeful Aging

Grow old on purpose. This book invites readers to navigate a purposeful path from adulthood to elderhood with choice, curiosity, and courage.

Everyone is getting old; not everyone is growing old. But the path of purposeful aging is accessible to all—and it's fundamental to health, happiness, and longevity.

With a focus on growing whole through developing a sense of purpose in later life, *Who Do You Want to Be When You Grow Old?* celebrates the experience of aging with inspiring stories, real-world practices, and provocative questions. Framed by a long conversation between two old friends, the book reconceives aging as a liberating experience that enables us to become more authentically the person we always meant to be with each passing year.

In their bestseller *Repacking Your Bags*, Richard J. Leider and David A. Shapiro defined the good life as “living in the place you belong, with people you love, doing the right work, on purpose.” This book builds on that definition to offer a purposeful path for living well while aging well.

“In a culture that offers little guidance for growing old, but excels at pushing elders aside, here’s a book that will help us age into the fullness of life. I’ve been reading Richard Leider and Dave Shapiro with gratitude for years, and once again they’ve offered grounded guidance for the fourth quarter of life. I’m still a young man (81), but this book goes into my backpack as I journey on.”

—Parker J. Palmer, author of *On the Brink of Everything* and *Let Your Life Speak*



Richard J. Leider is the founder of Inventure—The Purpose Company, whose mission is to help people unlock the power of purpose. Widely viewed as a pioneer of the global purpose movement, Leider has written or cowritten eleven books, including three best-sellers, which have sold over one million copies. **David A. Shapiro** is a philosopher, educator, and writer whose work consistently explores matters of meaning, purpose, and equity in the lives of young people and adults. He is a tenured philosophy professor at Cascadia College, a community college in the Seattle area.

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5. How Do I Stop Living a Default Life?

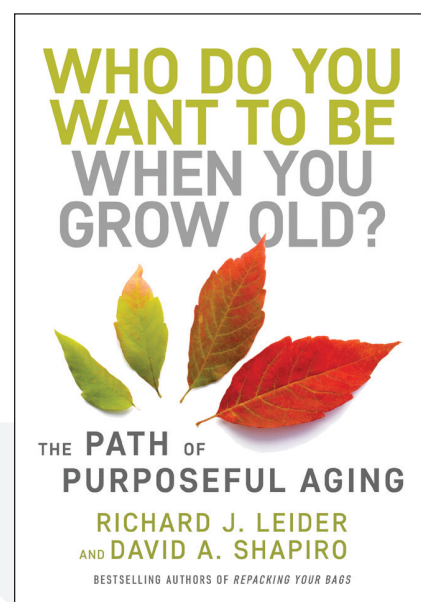
6. Am I Having a Late-Life Crisis?

7. Will I Earn a Passing Grade in Life?

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Afterword: Staying on the Path



- **Huge audience:** There are 75 million Americans over the age of sixty, many of them looking to continue the personal growth journey that has been the hallmark of their generation. They want to grow old, not just get old.
- **Warm, inspiring tone:** This is not a preachy book of advice or a dry gerontological text but a reflective exploration—drawing on psychology, philosophy, literature, and lived experience—on what the good life can truly mean as we move from adulthood to elderhood.

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Personal Growth

Rights: world