

Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

The Third Chapter

By Sara Lawrence-Lightfoot

Farrar, Straus and Giroux, \$25.00,

272 pages

The group of Americans in their “third chapter” of life, those years from 50 to 75, is growing every year, and they are healthier, more active, and involved than in generations past. *The Third Chapter* is a collection of interviews with 40 men and women in that part of their lives, and explores the changes they made, voluntary and otherwise, and how they view this new part of their lives. Many of the changes these people made are representative of the evolving environment. No longer looking for fame, wealth, or retiring to the couch, this new group of active 50+ are seeking personal and community fulfillment. One leaves law practice for divinity school, another retires to write fiction and play the piano. These examples not only provide direction for others, but also inspiration; aging doesn’t mark a slowdown in your life, but the ability to start a new chapter, one that can give meaning and purpose to your life.

