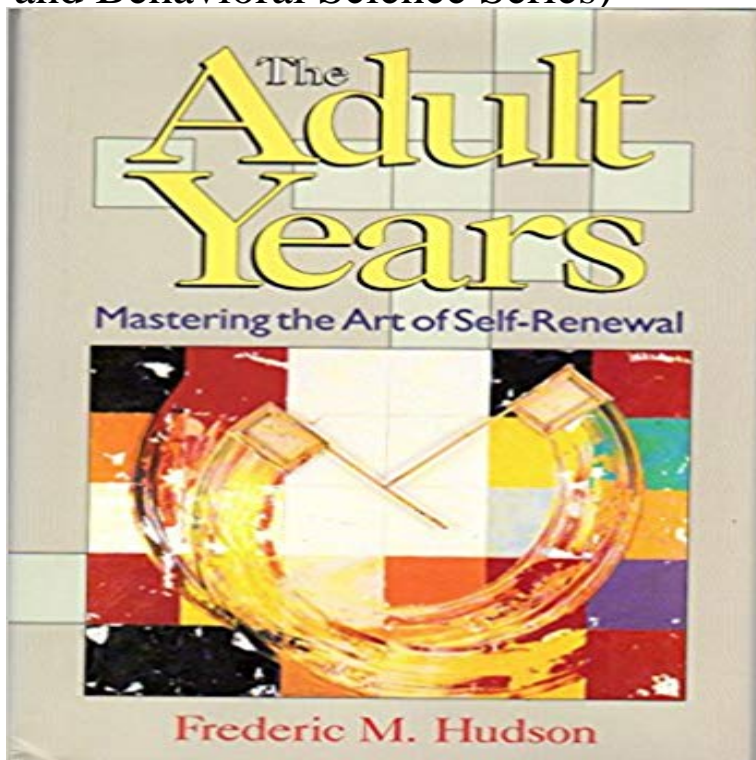


## The Adult Years: Mastering the Art of Self-Renewal (Jossey Bass Social and Behavioral Science Series)



The most compelling book ever written on personal transition and transformation.--James M. Kouzes, coauthor of The Leadership Challenge  
Designed for adults who wish to establish a life course, manage changes, and engage in lifelong learning, The Adult Years is an important guide for self-renewal and reorientation. Frederic Hudson's study is a fresh and thoughtful approach to adult life. It explores how adults can design meaningful lives that flow, with intelligence and flexibility, through these changing and uncertain times.

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