

# Aging Gracefully and Happily: The Emotional Tasks of Aging

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# Carl Jung: The Seven Tasks of Aging

- Facing the Reality of Aging and Dying
- Life Review
- Defining Life Realistically
- Letting go of the Ego
- Finding a New Rooting in the Self
- Determining the Meaning of One's Own Life
- Rebirth: Dying with Life

# Facing the Reality of Aging and Dying: Enjoying the Afternoon of Life



# Life Review



# Defining Life Realistically



# Letting Go of the Ego



# Finding a New Rooting in the Self

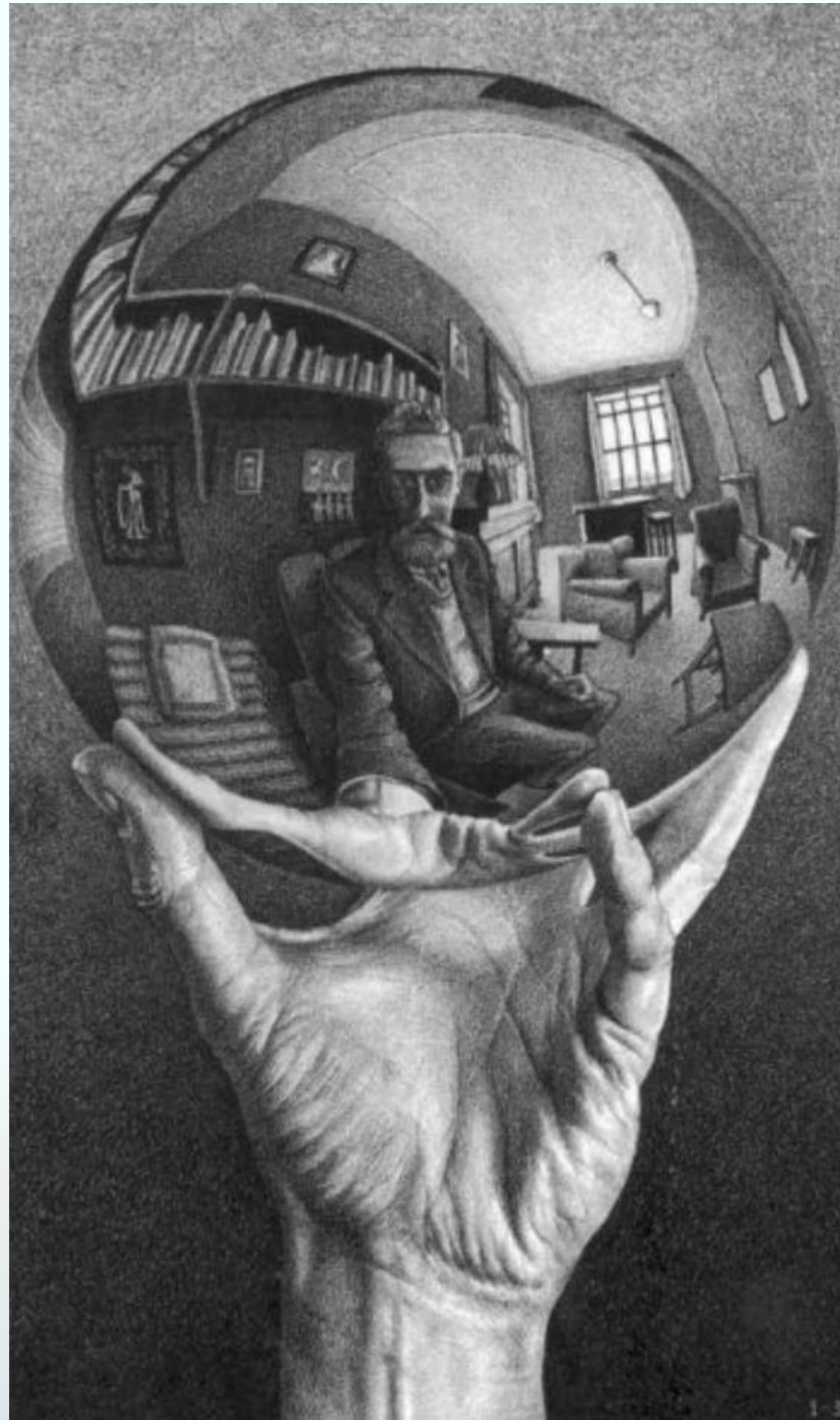


# Determining the Meaning of One's Own Life





# Rebirth: Dying with Life



# Resources

Carl Jung, *Modern Man in Search of a Soul*

Julia Cameron, *It's Never too Late to Begin Again: Discovering Creativity and Meaning at MidLife and Beyond*

Ursula K LeGuin, *No Time to Spare*

Wendy Lustbader, *Life Gets Better: The Unexpected Pleasures of Getting Older*