



Something to Live For: Finding Your Way in the Second Half of Life

Richard J. Leider, David Shapiro

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Drawing on ancient and contemporary wisdom, as well as modern research, Richard Leider and David Shapiro provide insightful ways of thinking and being that help us find meaning and purpose in the second half of life. This deeply reflective book uses a safari, (referencing a trip the authors took to Africa in 2006) as a metaphor to show how the second half of life can be a journey of discovery.

In what may be their most personal book to date, Leider and Shapiro share dozens of moving stories, from both their own experiences and those of their safari companions, that offer sometimes surprising examples of lives well-lived, lives that exemplify the qualities of authenticity and wholeheartedness that they believe are essential to finding meaning and purpose in the second half of life. There are many pathways to putting our whole selves into life, especially during the second half, and in *Something to Live For*, Leider and Shapiro explore many routes to vital aging.

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