



The Adult Years: Mastering the Art of Self-Renewal

Frederic M. Hudson

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The Adult Years is a compelling look at adulthood as an opportunity for continual revitalization, reorientation, and positive change. In this revised edition, Frederic Hudson updates and refines his vision, reflecting the extraordinary challenges we all face in today's fast-paced, ever-changing society. Whether you are eighteen or eighty-eight, this classic best-selling guide will inspire you to unlock the power of personal renewal.

Praise for the First Edition

"The most compelling book ever written on personal transition and transformation. If you are concerned about your own renewal and the renewal of our planet, you must read this book."--James M. Kouzes, coauthor of *The Leadership Challenge*, Second Edition

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