



## **Bouncing Back Later in Life: How to Age Well and Overcome Difficulties**

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How do we age well? This question concerns many of us who are facing the prospects of living beyond our 80s and even 90s. As we live longer, we are also likely to face more challenges that will shake our foundations. How can we overcome these challenges, bounce back and lead a fulfilling life? This book captures the insights of 20 older people and caregivers who lived through rough patches and managed to come out at the other end. Their stories are both inspiring as they are moving. Goetz Ottmann's book captures some of the strategies that have helped the people in this book to bounce back, to move on, and to cope with the challenges bound up with advancing age. This is not a book of rules. It's an account of what has worked for other people that might inspire the reader to ask the fundamental question: What has worked for me? Much can be learnt from our response to this question. While self-care, our ability to look after ourselves, is crucial to our ability to bounce back. If we look after ourselves well, we are physically and mentally better equipped to handle difficulties and thus enhance our prospects of a better quality of life over the long haul. The book also introduces the reader to nuggets of wisdom, some of which we might remember down the track. Goetz Ottmann is a sociologist with 15 years of research experience. He holds a joint position with Uniting Care Community Options and Deakin University. His research focuses on community aged and disability care. He and his family live in Melbourne's eastern suburbs.

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