

Contents

1	How old is old?	4
2	Our body and its seasons	17
3	The mature mind – Reviewing and renewing itself	28
4	Awareness of the passing years	40
5	A place apart?	52
6	Disaster or challenge?	68
7	Love and intimacy in later life	81
8	The shadow of senility	92
9	A home full of strangers	100
10	Taking our leave	108
	Ageing in perspective	119
	References	122
	Suggested further reading	124
	Index	125
	Photo credits	128