



# Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life

*Dr. Bill Thomas*

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**Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life** Dr. Bill Thomas  
From one of the most original and innovative thinkers in medicine, this “stirring and splendid book” (*Wall Street Journal*) offers groundbreaking insight to the postwar generation on facing their second coming of age, a developmental opportunity to reshape their lives and our society.

Dr. Thomas is at the forefront of a strong nationwide movement to reframe “life after adulthood” as an exciting stage of human growth and development. In *Second Wind*, he explores the dreams and disappointments, the struggles and triumphs of a generation of 78 million people who once said they would never grow old and never trust anyone over thirty. Instilled with the belief that they would always be Joni Mitchell’s “stardust,” many Boomers are having a harder time transitioning into elderhood than previous generations. But the reality is that every 10.8 seconds an American turns sixty-five. Among all the human beings who have ever lived to see old age, more than half are living among us right now. In *Second Wind*, Dr. Thomas attempts to guide Boomers into this final developmental stage filled with hope and a new sense of what is possible.

As the Post War generation entered adulthood, they saw three models of what an adult could be: hippies, activists, and squares—the “square” model becoming the dominant model. Now, many Boomers now feel “stuck” inside the frenzied, performance-based, money-driven world that no longer suits them. But if they can learn to go slower, go deeper, and be more connected to themselves, their loved ones, and other members of their community, they can find the wisdom, happiness, and fulfillment that comes with a life that is in balance.

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