

# Not Fade Away

Staying happy when you're <sup>over</sup> 64!

by Alan Heeks

The late sixties and beyond are a landmark: a good time to choose what you want from the years ahead, and take stock of the story so far. This short, practical book offers you new skills, information and resources for living life to the full in your vintage years.

This book is for baby boomers, age 64 to 70 plus, with chapter titles from Sixties pop songs. See how to value all the gifts in your life, dig into the challenges, and find fresh maps for the future.

Alan Heeks is a writer, creative ageing expert and natural happiness pioneer. He has been guiding wellbeing and resilience workshops and groups for many years at the magical woodland centre he founded near Salisbury, Hazel Hill Wood. His second book was *Out of the Woods: a guide to life for men beyond 50*. Now 69, Alan is deeply engaged with the issues in this new book.

## CHAPTER OUTLINE

### 1. Rave on: finding your way in the vintage years.

Overview of book and approach: finding the gifts, digging the challenges, making fresh maps.

## FINDING YOUR GIFTS

### 2. Love me do: reinventing partnership

Exploring different forms of intimate partnership in later life. Renewing a long marriage. Silver dating.

### 3. You've got a friend: pals in maturity

Reviewing the nature of friendship in mature years; how to find, renew, repair them.

### 4. Get it together: finding your communities

Different kinds of groups and communities: what you need, what can you offer, how to find it.

### 5. We are family: who are you now?

Rediscovering your own roles, adjusting as others change. Seeing and tuning up family dynamics.

### 6. As time goes by: finding the gifts of time

Recognising your scope for choice, taking quality time, widening the options, using time happily.

### 7. Running on faith: gifts of inspiration

Ways to explore and find purpose and perspective.

### 8. Born to be wild: fresh adventures

Using your freedom, stretch and surprise yourself: inner and outer adventures.

### 9. Afternoon delight: daily comforts

Looking after yourself in small daily ways, making everyday life more special.

## DIGGING THE CHALLENGES

### **10. Good Vibrations: managing your health**

How diet and exercise help. Preventative measures. Handling minor and major health issues.

### **11. All over now: handling loss**

Losses are natural at this age; how to handle them well.

### **12. Hold me: befriend your fears**

Ways to accept your fears, live with them, learn from them – and don't be run by them.

### **13. All along the watchtower - daily uncertainties**

As daily life gets more complex and uncertain, practical tips to raise your resilience.

### **14. Matthew & Son: work and money**

Finding positive ways to meet financial needs and find the right role for work in your life.

## FRESH MAPS

### **15. Won't get fooled again - change the story**

Recognise recurring patterns, and your chance to change them.

### **16. Something tells me I'm into something good – exploring elderhood**

Older and wiser: exploring elderhood as a role model and what it can mean for you.

### **17. Listen to me - different voices**

Recognise and integrate the various voices and aspects of yourself.

### **18. My generation: wisdom from others**

An anthology of brief insights and guidance from people in their sixties, seventies and eighties.

### **19. Woodstock: a festival for the 70's**

An inspiring resource of books, music, poems and movies for finding your way at 70.

### **20. I can see for miles: future outlook**

Hints, forecasts and opportunities for the decades ahead.

## CONCLUSION

### **21. Sunshine of your love: this could be so good!**

Staying hopeful. Parting advice, further resources.

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