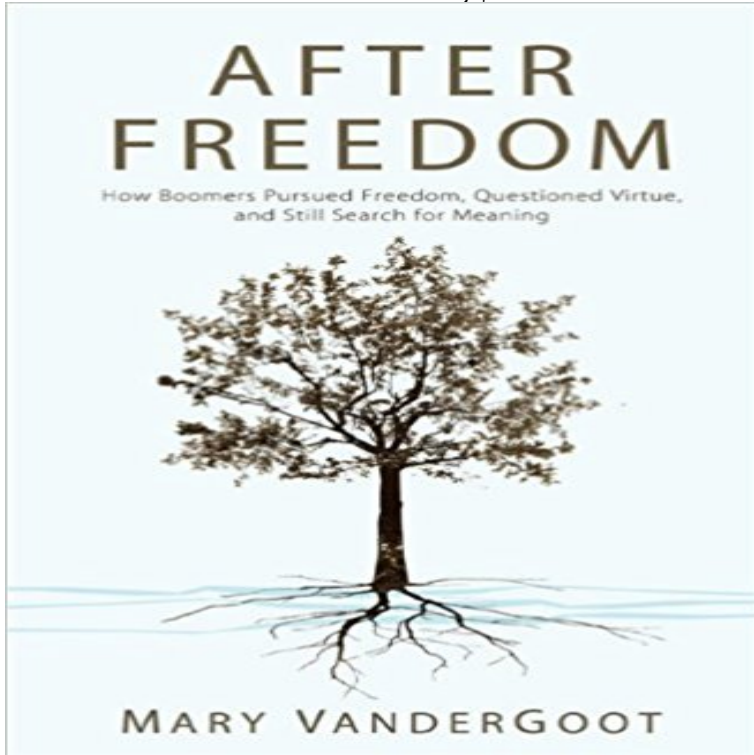


After Freedom: How Boomers Pursued Freedom, Questioned Virtue, and Still Search for Meaning



The youngest Boomers are not quite fifty; the oldest have already turned sixty-five. A generation that started out in the 1960s, determined to be young forever, is now asking what the point is of growing old. Convinced they were special, Boomers discounted authority and charted their own course. They believed they could make the world better by pursuing freedom. The legacy of the Boomer experiment is becoming evident. Freedoms that were new when Boomers were young are now taken for granted, and we are living after freedom. Are our freedoms real or illusory? Can we count on anything to be certain? Do virtue and character matter? In a secular age can we recover respect for the sacred? The time is ripe for Boomers to reconsider those good things in the past they refused to honor, to voice their blessings for generations who will shape the future, and to reclaim conviction as they stand firm and dare to say, This is what I believe.

Table of Contents: Part One Baby Boomer Dilemma How Did We Get So Socially Alienated and Spiritually Lonely? Chapter One The Stories Chapter Two Boomer Legacy Chapter Three Forever Young Chapter Four Liberty to License Chapter Five Is Freedom an Illusion? Chapter Six Free Opinions Chapter Seven Tangled in Freedom Part Two Rethinking Freedom, Reclaiming Virtue, and Searching for Meaning Chapter Eight Daring to Face the Truth About Ourselves Chapter Nine Gratitude Makes a Difference Chapter Ten Offloading Anger Chapter Eleven Recovering Attachments Chapter Twelve Seasoned by Care Chapter Thirteen Reclaiming the Sacred Circle Chapter Fourteen A Last Chapter Notes Endorsements: Baby Boomers, this is for you! With so many of us still on the planet, its not surprising that we have gleaned more than a fair share of attention. Weve been identified as todays

leaders, consumers, investors, philanthropists; the people to court, analyze, enlist, survey, and solicit. Mary VanderGoots astute observations and incisive conclusions make a timely contribution to understanding this generation and its effect on those who are following. Harry Stout Yale University. In a time when superficiality trumps depth, Dr. VanderGoot provides thoughtful, solid reasons for investing in the lives of other people. In her hands, perceptions of aging are transformed from a long, slow decline into one of life's great, good gifts. Helen M. Sterk Western Kentucky University. Mary VanderGoot expertly traces the diminution of authority and the weakening of social bonds to the paradoxical nature of freedom articulated by Baby Boomers. I have not yet read a portrait of the Boomers that combines so well sensitive diagnosis with intelligent advice, making this book a singular achievement, particularly since the shortcomings of the Boomers world are becoming ever more apparent. Jeffrey Polet Hope College. Author bio: Mary VanderGoot is a Licensed Psychologist, Marriage and Family Therapist, and Addictions Counselor. She is a graduate of Princeton University where she earned a PhD in psychology. In addition to her work as a therapist, Dr. VanderGoot has been a university professor and author of numerous books and articles including: A Life Planning Guide for Women, Narrating Psychology, and Healthy Emotions.

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