



## ABOUT DR. BUD HARRIS

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As a Jungian analyst, author, and lecturer, Dr. Bud Harris has dedicated more than three decades to helping people become “the best versions of themselves” by growing through their challenges and life situations.

Bud originally became a businessman in the corporate world, and then owned his own company. Though very successful, he began to search for “a new version of himself” when at age thirty-five, he became dissatisfied with his accomplishments in business and challenged by serious illness in his family. At this point, Bud returned to graduate school to become a psychotherapist. After earning his Ph.D. in Counseling Psychology and practicing as a psychotherapist and psychologist, he experienced the call to further his growth and become a Jungian analyst. He then moved to Zurich, Switzerland where he trained for over five years and graduated from the C. G. Jung Institute.

Now with his many years of professional practice and seasoned insight, Dr. Harris recognizes that the crisis-induced change in his thirties not only led him to greater satisfaction in his life, but also to a deeper understanding of how to guide others to look beyond the horizons of their lives and find their own personal renewal.

Bud is the author of thirteen highly informative and inspiring books for the general audience as well as many articles and lively blog posts. His best-selling book *Sacred Selfishness: A Guide to Living a Life of Substance* has been called “profound” and “lifechanging.”

He writes and teaches with his wife, Jungian analyst, Dr. Massimilla Harris. Their best-selling book which they coauthored is *Into the Heart of the Feminine: Facing the Death Mother Archetype to Reclaim Love, Strength, and Vitality*. Bud and Massimilla both practice as Jungian analysts in Asheville, North Carolina.

For more information about his practice and work, visit his website: [www.budharris.com](http://www.budharris.com) and Facebook page: [www.facebook.com/BudHarrisPh.D.](https://www.facebook.com/BudHarrisPh.D.)

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# AGING STRONG

*Living it Forward  
and Giving it Back*

BUD HARRIS, Ph.D.

## AGING STRONG

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### Living It Forward and Giving It Back

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We live in a new reality today. We are living up to thirty years longer than people just a few generations ahead of us did. This reality – this new possibility – means we need to re-examine and re-imagine our entire approach to how we are going to live and meet the opportunities in the “fourth quarter” of our lives.

*Aging Strong: Living It Forward and Giving It Back* provides the map you need to develop your fulfilling life during these years. This book will help you to look beyond the horizon limited by your past and to enter the most important years of your life as a trailblazer into this new era in history.

This adventure will deepen your spirit, and help you blossom into the fullness of your life’s possibilities and the richness these efforts can bring to the

community around you. In our changing world, people of all ages are struggling to find a satisfying identity. Even when they succeed, they continue to face many challenges.

*Aging Strong* shows us how to overcome the preconceived notions from society’s history and the demands of family and culture so that we can live into the most complete versions of ourselves.

In this powerful, encouraging book, Dr. Harris invites you to regard the fourth quarter of your life as a vibrant time to grow, thrive, and deepen your love of life...and then see your influence flow out in its own way to enrich the life around you.

Dr. Harris shares his own experiences as he is also making this transformational journey. In addition, he uses the stories of others he has encountered through his teaching and professional work to help inform and inspire you. Throughout the book, he emphasizes how important it is to attain self-knowledge in order to cultivate your love of life and find a guiding sense of purpose and meaning that flows from your heart and soul.

This is a path for finding a love of life and living forward – for finding the purpose that energizes us – and brings meaning, fulfillment, and joy. It is also a path that enriches our relationships, benefits everyone around us, and becomes the best approach for facing the end of our lives.

*Aging Strong: Living It Forward and Giving It Back* by Bud Harris, Ph.D.; publication date November 1, 2016; published by Daphne Publications; trade paperback \$10.99 (ISBN 978-0692726747); Kindle \$3.99; 156 pages.

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# DR. BUD HARRIS

Psychologist, Jungian Analyst, Teacher, and  
Author of *Aging Strong: Living It Forward and Giving It Back*



## MEDIA QUESTIONS

**Your book delivers a new perspective to help us live into the fourth quarter of our lives. Why do we need this new perspective today?**

We live in a new reality today. We are living up to thirty years longer than people just a few generations ahead of us did. This fact means we have no societal history to help us understand how to prepare for and live into this time in our lives. We have no roadmap for our journey into these years. We need to create a new vision of the future for ourselves with new horizons. In this new reality, we can be creative, accomplish new things, find new or renewed vocations, new callings, and learn to thrive, have a sense of wonder, a new sense of security in life...as well as deeper emotional connections and a new found joy in living.

**You mention that as a Jungian analyst, you have been working with people in their sixties, seventies, and eighties for over twenty years. Yet, you were surprised to find yourself in this “aging” situation?**

You are right. I never thought too much about aging other than taking care of myself physically and spiritually. I am surprised to be as old as I am now and even more surprised at how excited I am about my life and work. I am living with more clarity,

passion, and purpose than I ever have, even though I have always considered myself a purpose-driven person. I also am just as ambitious as I have ever been, and yet it is a different kind of ambition.

**That's an interesting statement. How is your ambition different?**

To begin with, I am not content with having a successful career and family life. I certainly treasure these things. But I want my life to finish as a full expression of myself and my potentials. I want to have left my full and best game on the playing field when my game is over, so to speak. Not only do I want to have fulfilled the best possible version of myself, I also want to be sure I serve something greater than myself during these years whether I call it my true Self, higher power, God or whatever name you wish to use. I also want to focus on leaving my part of this world better than I found it through using my best efforts to serve life and others.

**Again, I would like for you to share more about how your ambition changed as you entered what you are calling the fourth quarter of your life.**

Well, as you know, in the first half of life, we are generally faced with the developmental tasks of growing up, and then developing a personality that can take its place in the world of work, community, and relationships. At midlife, we face a turning point, a chance to change the design that shapes who we are and to make our values, purpose, and our ability to feel love, joy, and contentment more personal and authentic. As we face the fourth quarter of our lives today, we actually face another turning point. This can be a time to know ourselves more completely, to seek to fulfill the meaning of our life. We are now becoming more free to encounter the deeper aspects of our lives, our creativity, and express them. It is also the time for our lives to come into full bloom and for our fruits to nourish the world around us. But we have to be aware of the presence and significance of this turning point in order to face it.

**By the time we approach the fourth quarter in our lives, we've all had our share of successes, failures, hardships, and heartaches. Why isn't it just enough to say this is a new day?**

Because it is to our great advantage to become engaged in a process of radical self-examination and of knowing the realities of our emotional past. This is the foundation for committing ourselves to change. Bringing understanding and compassion into the experiences of our past becomes the doorway for us to be able to thrive and expand our lives. And it is also the source of the courage to open that door. This is the foundation for committing ourselves to change. This is the foundation for thriving and expanding our lives. Bringing understanding and compassion into the experiences of our past becomes the doorway to who we may become and the source of the courage to open that door.

**This sounds like quite a challenge and a lot of work?**

It does. But we don't need to approach our opportunity to change for the better like a task we were assigned at school or work. We get to see it as an invitation from life...in its greatest sense. We may have some hard moments and difficulties to encounter but we can approach it with a hearty sense of curiosity and as a journey that leads us into feelings of contentment, fulfillment, and joy. I am convinced that living this way is the highest goal I can attain as I complete my life.

**How do your ideas fit into the threatening times we are living in?**

We have to be careful that just because we have been around awhile, doesn't mean we have to think in terms of how threatening these times are. Every decade of my life has been filled with threatening potentials. What is important to understand is that we are facing a period in human history that is new, and it has new potentials and challenges. Also what is important is that we understand this new phase of our own lives and translate it into a new way of life. If we don't make the effort to understand it, the opportunity for change can pass and leave us stuck in the vestiges of our old life and the limitations of social norms. We can choose to bloom or to wither away. Unfortunately too many of us try to put on a positive face as we wither away, or take up negativity and defensiveness as a way of life.

**You mention in the book that living passionately means facing our fears and the troubles we are encountering. Can you say more about that?**

Yes, of course, I will be glad to. I am reminded that Scott Peck challenged us when he insisted that, "Life is difficult." I know all too well that it takes courage and a love of oneself and life to be determined that as we slow down physically, we are choosing to grow even more psychologically and spiritually. Living passionately allows us to live with the vitality that can only be found deep inside of us. I've written this book to help people have a map for this journey and I give examples of others who have made it or are making it successfully.

**You place a lot of emphasis on our emotions and our emotional history. Shouldn't we have them pretty much under control by now?**

Being able to feel deeply and know why we actually feel a particular way is our key to understanding how engaged in life we really are. For the most part, even if we've done a good bit of self-reflection, we frequently remain unaware of some of our key defenses against particular emotions and our style of repressing them. Repressed emotions live on. They sap our energy, rigidify our personalities, restrict our creativity, and curb our capacities to love. Repressing our emotions and recognizing and cultivating them are two different things. One leads to stagnation and even illness while the other leads to a life that is flourishing.

**You also emphasize the continuous search for self-understanding. Why is that so important, while so few of us do it?**

I point out that all of our great mystical traditions focus on self-knowledge, growth, and transformation. This pursuit lifts our lives to a realm that is more profound than simply trying to be good and happy.. This search brings us clarity and an ease of decision-making. We know who we are, what we are here for, and what matters most and what matters least. Then when we say "yes" it is strong and enthusiastic and when we say "no" it is strong and resolute.

**You mention several of the spiritual challenges of aging. Can you tell us about one of these?**

Yes. Living a truly spiritual life in our culture is a difficult thing to do. As we face the turning point into the fourth quarter of our lives, we are coming out of a productivity-pressured, utilitarian-oriented place in society that has shaped our perspective on how we should live and causes people to miss this turn. I've encountered many people in my age group who are driven to increasing busyness because that's the only way they know how to live.

This turning point requires a lot of introspection, inner understanding, and compassion for ourselves. Whether we like it or not, the reality is that it was our experiences of pain, hurt, or anger that actually shaped who we are and the course of our lives. Of course, we often had to repress these experiences out of our need for self-preservation. But now, we have the opportunity to re-examine who we are and develop a new structure of purpose, love, and meaning to support our lives into their final days and hour. This is our spiritual challenge.

**Are there any closing thoughts you would like to add?**

Yes, as I said in closing...in the book, as we live strongly into this new future, it will be lessening the burdens on future generations. We will also be creating a new vision of the future for our culture as we transition and grow into a whole new life beyond what we have imagined for ourselves.

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