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# Where To Go From Here

*Dr. James E. Birren*

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*Dr. James E. Birren*

**Where To Go From Here** Dr. James E. Birren
Jim Birren, the pioneer of guided autobiography, has developed a remarkable process that encourages people to take stock of their lives so that they can move forward, reinvigorated, into a vital, rewarding future.

"I want you to think of your life as an autobiographical story with a past, present, and a future yet to be plotted", Jim Birren writes, as he urges readers to appreciate all they've been through, survived, and accomplished; figure out what is missing; and decide how they want to spend the rest of their lives.

By contemplating our lives, or telling our stories in small groups where other people's memories prime our own, we can increase the chances of getting the most return from the years ahead. Cautioning that there is no magic carpet ride to a blissful elderhood, Jim Birren offers readers the ability to let go of the fears from the past, to understand and be themselves, and to see the future as a wonderful adventure. The result is living longer better.

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