

# POWER PASSION PARTICIPATION

A NEW MODEL after 60

FOREWORD by Norm Shealy, MD, PhD,  
77, Author 25 books

The purpose of our research and book is fourfold:

- #1 Create a MODEL for Power, Passion and Participation in the 2nd Half of Life.
- #2 Honor Elders and their wisdom as other cultures do.
- #3 Learn from their experience living a full, participative, joyful Life.
- #4 Celebrate each unique individual who has traversed 60~100 years of Life.

Pour a cup of tea or coffee, enjoy meeting these individuals, and savor their lives.

Here is a sampling of what you will discover:

- Chamber Music in an old Coffee Barge
- Participant in Disarmament Conference, Switzerland
- Becoming an IKEBANA Sensei in Japan
- Dancing your socks off at 77
- Painting China for Governor's Mansion, age 95
- Champion swimming at 92
- Couples and Business coaches at 77
- Outreach to "at risk kids" at 68 and 80
- Top Race Car driver at 76
- Multiple inspirations for everyday heroic living . . .

As you become 60, and open new chapters in your life, how do you live a rich and fulfilling life?

Draw on real life examples to create your own  
NEW MODEL after 60.



POWER PASSION PARTICIPATION

# POWER PASSION PARTICIPATION

In the 2<sup>nd</sup> Half of Life

2,955 Years  
of  
Every Day

# Heroes

Living Their Own Lives



Dr. Ed  
Carlson

Dr. Ed Carlson