

**The Adult Years: Mastering The Art Of Self-Renewal**  
**By Frederic M. Hudson**

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The Adult Years: Mastering the Art of Self-Renewal. Author Frederick M. Hudson Publisher Jossey Bass, 1999. ISBN 0-7879-4801-2. Reviewer Basil P. Rouskas

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by Richard N. Bolles Ten Speed Press, 1981, The Adult Years: Mastering the Art of Self-Renewal by Frederic M. Hudson Wiley, John & Sons, Revised 1999.

### **Recommended reading - thelma kidd - life transitions coach**

Bridges, William. The Way of Transition: Embracing Life's Most Difficult Moments. Hudson, Frederic. The Adult Years: Mastering the Art of Self-Renewal.

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The Art and Craft of Teaching. Cambridge, Mass. Grand Rapids: Eerdmans, 1991. Hudson, Frederic M. The Adult Years: Mastering the Art of SelfRenewal.

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### **Handbook of organizational consultation**

Hudson F, McLean P. Life Launch. 2nd ed. rev. Santa Barbara, CA: Hudson Institute Press, 1996. Hudson, F. The Adult Years: Mastering the Art of Self-Renewal

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Hudson, F. M. (1999). *The adult years: Mastering the art of self renewal* (Rev. ed.). San Francisco, CA: Jossey Bass. Hughes, A., & Graham, S. (1990). *Adult life*

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Daniel J. Levinson, *The Seasons of a Man's Life* (New York: Knopf Publishing, Frederic M. Hudson, *The Adult Years: Mastering the Art of Self-renewal* (San

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