



NAVIGATING THE SEASONS OF A MAN'S LIFE

By Dr Adrian Turner

The Four 20-25 Year Eras



Early Adult
Transition
17 - 22

Mid-Life Age 40
Transition
40 - 45

Late Adult
Transition
60 - 65

Late Late Adult
Transition
80 - 85

Decadal Periods & Transitional Phases



Mid-Life Age 40
Transition
40 - 45

Entering Middle
Adulthood
45 - 50

Age 50
Transition 50-55

Culmination of
Mid Adulthood
55-60

Late Age 60
Transition 60-65

Levinson's Breakthrough Discovery –

A man's life structure evolves through a relatively orderly decadal sequence of qualitatively different developmental periods, within the four broad 20 - 25-year eras.

It consists of alternating phases within each decadal period:

- **stable** (structure-building) phases lasting ~6-7 years
- **transitional** (structure-changing) phases lasting ~3-5 years

Daniel Levinson, *The Seasons of a Man's Life*, 1978, p.49



John Medina, a developmental molecular biologist, describes the human brain as:

“...easily the most sophisticated information-transfer system on earth; your brain sends jolts of electricity crackling through hundreds of miles of wires composed of brain cells so small that thousands of them could fit into the period at the end of this sentence.”

John Medina, *Brain Rules*, 2008, pp.1-2



Research outcome –

Learning creates synapses, exercise does not!



However, Medina writes:

“...exercise improved cardiovascular fitness, which in turn reduced the risk for diseases such as heart attack and stroke. Exercisers outperform couch potatoes sometimes in astonishing elevation in cognitive performance, tests that measure long-term memory, reasoning, attention, problem-solving, even so-called fluid-intelligence tasks”

Medina, 2008, pp. 13-14.



Overall Research Outcomes:

If you want to live long and well,

Be a lifelong learner who exercises regularly!!!



QUESTIONS???