



Will You Still Need Me?

Feeling Wanted, Loved, and Meaningful as We Age

Angela Browne-Miller, PhD, MPH, MSW

Foreword by Evacheska deAngelis

Will You Still Need Me?: Feeling Wanted, Loved, and Meaningful as We Age is a touching and incisive book organized around state of the art research and recommendations, and also around interviews with individuals of various ages who have responded to questions about aging. The interviewees offer their unguarded thoughts about aging with a significant other—or alone. They reveal their self perceptions, their feelings about the future, their self-image as it relates to aging, and their hopes for, expectations and impressions of, aging itself. They also share their concerns that with aging may come not only possible loneliness, but also meaninglessness and even uselessness. Psychotherapist and social scientist Angela Browne-Miller weaves her findings into a philosophical,

research-based overview of cross-generational concerns and feelings about aging. She concludes with inspiring recommendations and a rethinking of aging itself. Her book opens a window into the hearts and minds of our parents, our peers, and our children as we and they look at the aging process and at how individuals, society, and families treat aging, and can change the way they treat aging. Through the sensitive, up-close-and-personal, bird's-eye view of the people interviewed for this book, aging unfolds into a deeply moving experience, one we all share. An important book for health and mental health professionals, policy makers, and lay readers.

Dr. Angela Browne-Miller is the founder of Addiction Stoppers based in northern California, director of the Metaxis Institute based in northern California, and has been a keynote speaker at conferences around the world on: the human mind and consciousness, aging, human development through the life cycle, addiction, violence, trauma, learning, and behavior change. She is set editor for the *Praeger International Collection on Addictions* and for the *Violence and Abuse in Society* set, and she is author of numerous books, including *Rewiring Your Self to Break Addictions* and *To Have and to Hurt: Recognizing and Changing, or Escaping, Patterns of Abuse in Intimate Relationships*. Browne-Miller earned two doctorates and two masters degrees at the University of California, Berkeley, where she lectured in three departments for fourteen years. She has served as National Institute of Mental Health Postdoctoral Fellow, U.S. Department of Public Health Fellow, Research Education and Treatment Director for the Cokenders Alcohol and Drug Program, advisor to addiction treatment programs in the United States and several other countries, and project director on several California Department of Health violence prevention projects. She has worked in clinical and educational settings with several thousand persons. Dr. Browne-Miller is an internationally recognized expert in: issues across the lifespan including childhood, adolescence, college years, parenting, midlife, aging; abuses, violences, traumas; addictions affecting persons of all ages; and, adaptation, learning and performance in all stages of life. Dr. Browne-Miller teaches seminars and continuing education based on the material in her books, as explained at her url below.

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