



## Vital Involvement in Old Age

*Erik H. Erikson, Joan M. Erikson, Helen Q. Kivnick*

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**Vital Involvement in Old Age** Erik H. Erikson, Joan M. Erikson, Helen Q. Kivnick

Erikson's now-famous concept of the life cycle delineates eight stages of psychological development through which each of us progresses.

The last stage, old age, challenges the individual to rework the past while remaining involved in the present. The authors begin this work with their theory of life's stages through old age. In Part two, they discuss their interviews with twenty-nine octogenarians, on whom life history data has been collected for over fifty years. Part three is a discussion of the life history of the protagonist in Ingmar Bergman's film *Wild Strawberries*. In Part four, "Old age in our society", the authors offer suggestions for "vital involvement." Erik H. Erikson is winner of the Pulitzer Prize and the National Book Award.

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