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The Illuminated Life® Workshop: Home

The Illuminated Life® life review/life enhancement workshop has been developed at the University of Hawaii at Manoa under the direction of Emeritus Professor of Psychology Abe Arkoff. The workshop can be used with adults of all ages, and its use with older adults is winner of the American Society on Aging-MetLife "MindAlert" Award in the category of innovative older adult learning programs. A description of the workshop and evidence concerning its effectiveness is reported in the Spring 2004 issue of *The Journal of Humanistic Psychology*.

Workshop

The workshop sets the participants on a journey in search of their personal answers to a set of 14 integrated "life questions."

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Workshop Sampler

This sampler is designed for you if you are an older adult about to retire or in your retirement years. You are invited to join in as we pursue insights and answers pertaining to the first six of the workshop's 14 life questions.

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Pairs & Circles

If you wish to participate in some of this work on your own or, better yet, by pairing with a friend or forming a circle of friends, you can do so by making use of the material in the workshop's lifebook and following its simple instructions.

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About The Author

Abe Arkoff is emeritus professor of psychology at the University of Hawaii at Manoa where, in its Osher Lifelong Learning Institute, he continues to lead workshops and train others to lead workshops...

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Workshop

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General Information

The Illuminated Life ® is a registered service mark identifying and restricted to its workshop program. Workbooks may be ordered by mail, phone, or fax from Professional Image, 2633 South King Street, Honolulu, HI 96826; phone 808-973-6599, or fax 808-973-6595. Specify one of the two editions. *The Illuminated Life: Your Third Age Lifebook* is designed for adults 55 years of age or older. *The Illuminated Life: Your Lifebook* is designed for adults irrespective of age. Cost of either edition is \$15.07 (includes tax) *plus* the charge for flat-rate priority mail. Payment may be made by money order or by credit card (VISA, MasterCard, American Express or Discover are accepted). A sampler of the third-age lifebook is available under the section Workshop Sampler.

For more information, write to: **Osher Lifelong Learning Institute, Colleges of Arts and Sciences, University of Hawaii at Manoa, PMB #460, 2440 Campus Road, Honolulu, HI 96822.** [Click here for Osher Lifelong Learning Institute's website](#)

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