



Sixty: A Diary of My Sixty-First Year: The Beginning of the End, or the End of the Beginning?

Ian Brown

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From a multiple-award-winning author and journalist, a dispatch—at once funny, serious, informative, wistful, and hopeful—from the line between middle-aged and soon-to-be elderly

“This is the thing, you see: I am on my way to being an old man. But at sixty, I am still the youngest of old men.” The day he turned 60, Ian Brown started a diary. He had begun to notice memory lapses, creaking knees, social invisibility—and yet he was troubled that many people think of 60 as “old,” because he rarely felt any older than he had at 40. Finding little in the literature of aging to explain exactly what was going on, he set out to notice the details of time passing, slow them down, and understand them—all without panicking.

Written with his “trademark gutsy candor, and full of self-deprecating wit” (Globe and Mail), *Sixty* chronicles Brown’s discovering how the age of 60 is a state of body and of mind. An unforgettable account of one person **trying**, and sometimes succeeding, to face the inevitable, it perfectly captures the obsessions of a generation realizing that they are no longer young.

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