

# Contents

Tables and Figures	xi
Acronyms and Abbreviations	xiii
Acknowledgements	xv
Preface	xvii
Reinventing the Golden Years: A New Narrative on Lifelong Perseverance	xvii
Stories that Inspire: Motivational Narratives from Later Life	xix
Challenges and Misconceptions about Ageing	xx
Personal Indications on Readership	xxi
Terminology Used	xxiii
How to Read This Book	xxiv
Introduction – The Motivational Discourse in Third Age: A Longitudinal Perspective	1
The Gerontological Turn: Insights into the ‘New’ Old Age	1
Lifelong Learning	2
Third Age Today	3
Positive Psychology: A New Lens on Ageing	5
Scope of the Book	6
Structure of the Book	7
<b>Part 1: Ecological Insights into Third-Age Additional Language Learning Experience</b>	<b>11</b>
1 Existing Research on Older Adult Language Learners	13
1.1 From Gerontology to Geragogy: A Critical Perspective	13
1.2 Emerging Issues on Third-Age Cognitive Systems and Impact on Language Learning	17
1.3 Lifelong Learning and Motivation in Later Life: From Savouring to Well-Being	20
2 Lifelong Motivational Persistence: An Ecological Perspective	26
2.1 The Learning Ecology: Definitions and Breadth	26
2.2 Implementation of the LE in Lifelong Motivation	30

2.3	Introducing the Concept of Lifelong Motivational Reservoir	35
	Concluding Remarks to Part 1	43
<b>Part 2: Lifelong Additional Language Learning Motivation: Challenges of a Complexity Framework</b>		45
3	Holistic Views on Lifelong Motivation in Language Learning	47
3.1	Historical Research (R)evolution: Towards the ‘Complex Turn’	48
3.2	Defining Motivational Dynamics in Additional Language Learning	54
3.3	Long-Term Motivation with Languages and the Complex and Dynamic Systems Framework	55
4	Directed Motivational Currents in Lifelong Language Learners	62
4.1	Specificity of Lifelong Experience with Language Learning	63
4.2	Structure and Organisation of a Directed Motivational Current	64
4.3	Temporal Remit	68
	Concluding Remarks to Part 2	72
<b>Part 3: The Power of Storytelling in Third-Age L2 Research</b>		75
5	Narrative Inquiry in Third-Age Additional Language Learning Motivation	77
5.1	Existing Trends on Narrative Techniques: A Field in the Making	77
5.2	Recent Narrative Practices in SLA and Third-Age Research	79
5.3	Ethical and Methodological Issues in Narrative Inquiry	82
6	The Narrative Paradigm: Insights into a Blended Methods Approach	89
6.1	<i>A Coffee and Conversation Approach</i>	89
6.2	Modalities of the Integrative Design	92
6.3	Multilayered Analysis of Narrative Data	95
	Concluding Remarks to Part 3	97
<b>Part 4: Tales of Resilience</b>		101
7	Georges	111
7.1	Life Story of Georges	111
7.2	Analysing Georges’s Motivational Trajectory as a Dynamic System	114
8	Josette	129
8.1	Life Story of Josette	129
8.2	Analysing Josette’s Motivational Trajectory as a Dynamic System	133

9	Patricia	151
9.1	Life Story of Patricia	151
9.2	Analysing Patricia's Motivational Trajectory as a Dynamic System	154
	<b>Part 5: A Collective (Hi)Story of Lifelong Motivation</b>	<b>169</b>
10	Historical Motivational Mapping: Tracing Lifelong Dynamics	171
10.1	Lifelong State Landscape	172
10.2	Currents and Peaks: Differences and Complementarity	175
10.3	Conceptual Limitations and One Way Forward	180
11	Conditions for Sustained Motivation: Components of the Self-Directed Motivational Reservoir	185
11.1	Features of the Optimal State of Lifelong Motivation	185
11.2	Well-Being in Third Age	189
11.3	Reciprocal Motivational Growth and Group Dynamics in Later Life	191
	<b>Conclusions</b>	<b>196</b>
	Summary of Findings	197
	Contributions to the Field	198
	Practical Applications	199
	Challenges and Suggestions for Future Research	202
	Final Remarks on Ageing and Well-Being	206
	<b>Epilogue</b>	<b>208</b>
	Refreshing Perspectives on 'Success' in Later Years: Turning to Mindful Ageing	209
	An Inclusive View on Lifelong Commitment	211
	Almond Trees Bloom in Winter	212
	<b>Appendices</b>	<b>215</b>
	Appendix A: Prompt for Interview 1	215
	Appendix B: Interview Guidelines	216
	Appendix C: Questionnaire for Interview 2	218
	Appendix D: Motivational Tree Drawing – Georges	221
	Appendix E: Motivational Tree Drawing – Josette	222
	Appendix F: Motivational Tree Drawing – Patricia	223
	Appendix G: Participants' Blank Motivational Graph	224
	Appendix H: Overall Research Codification of Items	224
	Appendix I: Participants' Items	225
	<b>References</b>	<b>237</b>
	<b>Index</b>	<b>264</b>

