



# Dancing for Their Lives

The Pursuit of Meaningful Aging in Urban China

by Claudia Huang

## DESCRIPTION

*Dancing for Their Lives* explores the vibrant world of retired Chinese women known as "dancing grannies" who seek fulfillment and companionship amidst societal upheaval. These women, part of China's "lost generation," gather in parks and public squares to reclaim their lives through dance in the wake of Chinese economic and cultural transformations. The book challenges prevailing narratives of aging societies, portraying old age as a site of social innovation rather than decline. Based on ethnographic research conducted in Chengdu, China, *Dancing for Their Lives* reveals how retirees learn to navigate shifting social norms and values while actively creating new models for growing older. The book's insights resonate beyond Chinese society, offering lessons on resilience and the pursuit of meaning in any aging population. *Dancing for Their Lives* underscores the human capacity to craft purposeful lives amid uncertainty, transcending geographical boundaries to illuminate the universal quest for fulfillment in later years.

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