

Forthcoming from Oxford University Press

Sky Above Clouds

Finding Our Way Through Creativity, Aging, and Illness Time

Wendy L. Miller, PhD and Gene D. Cohen, MD, PhD

Through their scientific research, clinical practice, and a remarkable life together, husband and wife team Gene Cohen and Wendy Miller uncover new clues about how the aging mind can expand awareness, build resilience, and continue growth, even during times of grave illness, upending long-held assumptions about the aging brain. Cohen, considered one of the founding fathers of geriatric psychiatry, shares from decades of research and personal journals detailing his exploration of the aging brain and the vast potential that is often overlooked. Miller, an expressive arts therapist and educator, highlights stories of creative growth in the midst of illness and loss encountered through her personal life and her clinical practice. Together, Cohen and Miller show how resources that naturally reside within us remain our most valuable tools as we navigate the uncharted territory of aging and illness.

Sky Above Clouds traces the path that Cohen and Miller traveled together as the foremost expert on creativity and aging confronted his own aging process and a metastatic disease that threatened to cut his life short. Cohen's distinguished work led to breakthroughs in science and society as, for more than a decade, despite his illness, he continued to pioneer geriatric research and advance the public conversation about aging well.

Sky Above Clouds draws deeply from the couple's merged wisdom and new lessons learned in a struggle through illness and loss within their extended family, eventually including Cohen's own untimely death. The book blends both authors' perspectives and voices, incorporating journal entries they wrote together in the years before Cohen's death.

What happens when the expert on aging is confronted with his own in the context of a grave illness? What happens when the therapist who helps others cope with illness and loss is forced to confront her own responses to these experiences? With Miller's insights and expressive psychological writing, *Sky Above Clouds* shows how attitude, community, creativity, and love shape a life through health, illness, and even death. The result is a richly informative and emotional journey of growth.

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