

## **Aging As A Spiritual Practice A Contemplative To Growing Older And Wiser**

**In this intimate and funny collection of essays on the sometimes confusing, sometimes poignant, sometimes hilarious condition of being a woman over sixty, Susan Moon keeps her sense of humor and she keeps her reader fully engaged. Among the pieces she has included here are an essay on the gratitude she feels for her weakening bones; observations on finding herself both an orphan and a matriarch following the death of her mother; musings on her tendency to regret the past; thoughts on how not to be afraid of loneliness; appreciation for the inner tomboy; and celebratory advice on how to regard "senior moments" as opportunities to be in the here and now.**

**Bestselling author and renowned family counselor Michael Gurian teaches you how to embrace aging and life after fifty through this spiritual and comprehensive guide. The topic of aging after fifty is frequently only discussed in terms of health—what are the physical symptoms that come with advanced age, and what can we do about them? The Wonder of Aging, however, aims to look at aging in a new way—as something that is positive, showing how miraculous our second half of life can be. Gurian divides life after fifty into four stages: Stage 1: The Age of Transformation. This is the stage of life from the late forties to approximately sixty. Stage 2: The Age of Distinction. This stage of life lasts from approximately sixty to seventy-five. Stage 3: The Age of Completion. This stage involves completing our life-journey, both together (if we are still coupled) and alone, if our spouse has passed on or if we are divorced. He developed these stages in response to both scientific and anthropological information, and in response to the needs of his clients, who sought help in understanding where they were and what to expect in the second half of life. With updated research and anecdotes to help you discover a new paradigm for aging, you can understand how aging affects you physically, mentally, relationally, and spiritually, and how to celebrate these changes holistically and healthfully.**

**Spiritual Assessment and Intervention: Current Directions and Applications examines current state-of-the-art efforts in the development and implementation of spiritual interventions for older adults. Academics and practitioners working in social work, social welfare, medicine, and mental health and aging present innovative approaches to meeting major challenges in the field of gerontology, including elder abuse, dementia, care giving, palliative care, and intergenerational relationships. The book provides practical methods for dealing with the problems and pitfalls of starting and evaluating interventions of a spiritual nature in a variety of community-based and institutional settings.**

**Thomas Moore is the renowned author of Care of the Soul, the classic #1 New York Times bestseller. In Ageless Soul, Moore reveals a fresh, optimistic, and rewarding path toward aging, one that need not be feared, but rather embraced and cherished. In Moore's view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person. Using examples from his practice as a psychotherapist and teacher who lectures widely on the soul of medicine and spirituality, Moore argues for a new**

**vision of aging: as a dramatic series of initiations, rather than a diminishing experience, one that each of us has the tools—experience, maturity, fulfillment—to live out. Subjects include: \*Why melancholy is a natural part of aging, and how to accept it, rather than confuse it with depression \*The vital role of the elder and mentor in the lives of younger people \*The many paths of spiritual growth and learning that open later in life \*Sex and sensuality \*Building new communities and leaving a legacy Ageless Soul will teach readers how to embrace the richness of experience and how to take life on, accept invitations to new vitality, and feel fulfilled as they get older.**

**Spiritual Resiliency in Older Women**

**A New Approach to Embracing Life After Fifty**

**Aging and Spirituality**

**A Guide to Lifelong Well-Being**

**A Revolutionary Approach to Growing Older**

**Aging and God**

**The Spiritual Practice of Growing Older**

Spirituality and Ageing presents the experience of ageing as an opportunity for spiritual reflection and affirmation of life. The contributors are religious and spiritual leaders and ethical thinkers from a range of different backgrounds. They define 'spirituality' not just as a religious concept but as the fulfilment of the universal human need for purpose, values and relationships - a sense of wholeness in life. This spiritual dimension helps people face the emotional and psychological challenges of growing older, such as memory loss, dementia, bereavement and fear of death. Existing systems of social care often focus on the material and physical needs of older people; this collection proposes that the spiritual needs of older people are as vital a consideration for their welfare. Through their spirituality, older people can attain a fuller appreciation and understanding of life, which can also inform and enrich the lives of others. Spirituality and Ageing will be an invaluable resource to carers looking for a holistic and more reflective approach to work with older people.

Aging with Wisdom and Grace explores the contributions faith can make to optimal aging, providing a Christian perspective on such topics as: loss and diminishment, loneliness and suffering, death and dying, regrets and unhealed wounds, gratitude, and generativity.

A compassionate guide for transforming aging into spiritual growth □ Engage with 25 key questions guiding you to mine previously untapped veins of inspiration and courage □ Find a constructive role for regret and fear and embrace the freedom to become more fully yourself □ Draw from both Eastern and Western spiritual traditions and the latest research in psychological and religious theory to cultivate your spiritual potential As we enter the years beyond midlife, our quest for an approach to aging takes on added urgency and becomes even more relevant in our daily lives. Empowering a new generation of seekers to view aging as a spiritual path, authors Robert Weber and Carol Orsborn reveal that it is by engaging with the difficult questions about loss, meaning, and mortality--questions we can no longer put off or ignore--that we continue to grow. In fact, the realization of our full spiritual potential comes about not by avoiding the challenges aging brings our way but by working through them. Addressing head-on how to make the transition from fears about aging into a fuller, richer appreciation of the next phase of our lives, the authors guide you through 25 key questions that can help you embrace the shadow side of aging as well as the spiritual opportunities inherent in growing older. Sharing their stories and wisdom to both teach and demonstrate what it means to feel energized about the possibilities of your later years, they explore how to find a constructive role for regret, shame, and guilt, realize your

value to society, and embrace the freedom of your later years to become more fully yourself. Coming from Catholic Jesuit and Jewish backgrounds respectively, as well as drawing from the latest research in psychological and religious theory, Weber and Orsborn provide their own conversational and candid answers to the 25 key questions, supporting their insightful and compassionate guidance with anecdotes, inspirational readings, and spiritual exercises. By engaging deeply with both the shadow and light sides of aging, our spirits not only learn to cope--but also to soar.

Use Frankl's insights and techniques to improve life for your aging clients or parishioners. Viktor Frankl, a holocaust survivor who experienced firsthand the horrors of Auschwitz, saw man as "a being who continuously decides what he is: a being who equally harbors the potential to descend to the level of an animal or to ascend to the life of a saint. Man is that being, who, after all, invented the gas chambers; but at the same time he is that being who entered into those same gas chambers with his head held high and with the 'Our Father' or the Jewish prayer of the dying on his lips." Dr. Frankl's insights led him to found the therapeutic system of logotherapy, which views man as a spiritual being rather than simply as a biological construct. Logotherapy has come to be called the Third Viennese School of Psychotherapy (after Freud's psychoanalysis and Adler's individual psychology). He left a rich legacy of theory and insights especially relevant to the search for meaning in later life. The tenets of logotherapy provide many clues and approaches to what an ever-increasing body of evidence suggests regarding the crisis of aging as a crisis of meaning. Frankl's insightful work increased man's understanding of the spiritual dimension of humanity and the dignity and worth of every person in the face of what he called "the tragic trial of human existence: pain, guilt, and death." Viktor Frankl's *Contribution to Spirituality and Aging* presents an essential overview of logotherapy and explores: the search for and the will to meaning in later life the connection between logotherapy and pastoral counseling—bringing psychology and theology together to effectively counsel the aging the role of logotherapy in the treatment of adult major depression aspects of meaning and personhood in dementia the search for meaning in long-term care settings Viktor Frankl's *Contribution to Spirituality and Aging* represents varying professional perspectives on the application of Frankl's logotherapy for ministry with older adults. The chapter authors represent diverse professional backgrounds in medicine, pastoral theology, the behavioral sciences, and pastoral ministry. They address issues such as death and dying, dementia and depression, and the spiritual meaning of aging, as well as Frankl's conception of the nature of humanity. Everyone interested in the connection between theology and psychology in the context of the aging will want to own this book.

The Lifelong Journey Toward Meaning and Joy

Ageless Soul

Contemplative Aging

Reflections, Stories and Teachings

Aging with Wisdom

Spiritual Assessment and Intervention with Older Adults

Still Here

• Award Winner in the Health: Aging/50+ category of the 2021 Best Book Awards sponsored by American Book Fest • Award Winner in Non-Fiction: Aging and Gerontology category of the 2021 Best Indie Book Award • Offers shadow-work and many diverse spiritual practices to help you break through denial to awareness, move from self-rejection to self-acceptance, repair the past to be fully present, and allow mortality to be a teacher • Reveals how to use inner work to uncover and explore the unconscious denial and resistance that

*erupts around key thresholds of later life • Includes personal interviews with prominent Elders, including Ken Wilber, Krishna Das, Fr. Thomas Keating, Anna Douglas, James Hollis, Rabbi Rami Shapiro, Ashton Applewhite, Roshi Wendy Nakao, Roger Walsh, and Stanislav Grof* With extended longevity comes the opportunity for extended personal growth and spiritual development. You now have the chance to become an Elder, to leave behind past roles, shift from work in the outer world to inner work with the soul, and become authentically who you are. This book is a guide to help get past the inner obstacles and embrace the hidden spiritual gifts of age. Offering a radical reimagining of age for all generations, psychotherapist and bestselling author Connie Zweig reveals how to use inner work to uncover and explore the unconscious denial and resistance that erupts around key thresholds of later life, attune to your soul's longing, and emerge renewed as an Elder filled with vitality and purpose. She explores the obstacles encountered in the transition to wise Elder and offers psychological shadow-work and diverse spiritual practices to help you break through denial to awareness, move from self-rejection to self-acceptance, repair the past to be fully present, reclaim your creativity, and allow mortality to be a teacher. Sharing contemplative practices for selfreflection, she also reveals how to discover ways to share your talents and wisdom to become a force for change in the lives of others. Woven throughout with wisdom from prominent Elders, including Ken Wilber, Krishna Das, Father Thomas Keating, Anna Douglas, James Hollis, Rabbi Rami Shapiro, Ashton Applewhite, Roshi Wendy Egyoku Nakao, Roger Walsh, and Stanislav Grof, this book offers tools and guidance to help you let go of past roles, expand your identity, deepen self-knowledge, and move through these life passages to a new stage of awareness, choosing to be fully real, transparent, and free to embrace a fulfilling late life. *Work as a Spiritual Practice* is a major contribution to spiritual writing. It is the first book to show us how to bring heart and soul to the work we do.

*New Dimensions in Spirituality, Religion, and Aging* expands the traditional focus of religiosity to include and evaluate recent research and discoveries on the role of secular spirituality in the aging process. Contributors examine the ways conventional religion and other forms of spirituality affect human development, health and longevity, and they demonstrate how myth-creation enables humans to make meaning in their lives. Taken together, the book points to further research to enhance current knowledge, approaches to care, and social policies.

*We financially plan for our retirement, but do we plan for our wellbeing? Here is an empowering guide with practical tools to help you live a passionate, fulfilling second half of life. If you're part of the Baby Boomer generation, then you belong to 26 percent of the US population that is retiring healthier than any generation before. And that means retirement is starting to look a whole lot different. No longer satisfied with a quiet life of sitting on the porch or puttering around the house, retirees (or soon to be) are looking to create a passionate, active, fulfilled, and engaging later life. That's where Ron Pevny comes in. His inspiring guide helps you do what he calls "conscious aging"—or making a reality the life of growth, purpose, service, and spiritual exploration you've always imagined for yourself. In addition to wisdom for navigating loss and grief, Pevny offers advice that helps you identify your goals, contribute to society, remain engaged and relevant, and spend your later years in profound personal development. Today's seniors are reshaping what retirement is all about. It is a whole new opportunity to engage with family, community, and the world with vigor. Don't just grow older—age consciously.*

*Challenges in Research, Practice, and Policy*

*From Age-ing to Sage-ing*

*Shifting from Role to Soul*

*Spirituality and Aging*

*This Is Getting Old*

*Every Breath, New Chances*

*Work as a Spiritual Practice*

**In *Aging as a Spiritual Practice*, Buddhist priest and teacher, Lewis Richmond, describes the four stages of aging, providing an uplifting look at life's enriching journey. Drawing on the teachings of Buddhism, he urges us to rejoice in getting older, not to fight it; to adapt to a different way of living rather than trying to chase a mythical elixir of youth in a quest to stay younger for longer. He says: 'Everything is aging, all the time. We age from our first breath. The problem is not aging per se, but our view of it'. Whether you're 30, 60 or 100 there are life-enhancing lessons to learn and a wealth of opportunities in which to experience true joy. With traditional Zen exercises and anecdotes from people of all ages sharing their positive experiences, Lewis teaches us to embrace change and see aging as simply an opening up of new paths. He shows us how we often fail to appreciate the wisdom we develop as we go through life and teaches us that to truly develop contentment we must spend more time with our close ones and in looking inwards at ourselves. [www.lewisrichmond.com/](http://www.lewisrichmond.com/) When you read *Full Circle: Spiritual Therapy for the Elderly*, you'll discover a brand new therapeutic approach—spiritual therapy—to treating elderly patients with cognitive disorders. This handy guide will assist you in starting your own renowned spiritually therapeutic program for dementia patients. *Full Circle* is a how-to book that will prove you can trigger emotional responses in an individual or group therapy session using the right spiritual cues. In the first ten pages of *Full Circle*, you'll learn about the Spiritual Therapy Program and find the answers to general questions about how and where to establish the program. The remainder of *Full Circle* contains 80 thematic lesson plans for use in both group and individual sessions. The lessons are flexible and organized into lists to help you formulate the right agenda for individual dementia patients. *Full Circle* divides 70 themes into these easily accessible categories: Feelings: depression, anger, and shame Life Review: aging, children, and change Sensory: hearing, smell, and touch Special Occasions: Easter, Thanksgiving, and memories of Christmas Spiritual: forgiveness, heaven, and peace In addition, *Full Circle* has expanded units for higher-achieving seniors. You may also want to use the special notes, poetry, and quotations that are pinpointed within the appropriate specific theme for even more startling results. *Full Circle's* sophisticated approach to therapy will help you cater to the needs of the cognitively impaired elderly to trigger emotional responses and enhance overall quality of life.**

**This important book examines the relationship between religion and mental health throughout the life cycle, with a special emphasis on later life. It asserts that successful aging is possible regardless of physical health or**

environmental circumstances, and that religious beliefs and behaviors may facilitate successful aging. **Aging and God** thoroughly examines the effects of religion and mental health on aging and provides a centralized resource of up-to-date references of research in the field. It focuses on recent findings, theoretical issues, and implications for clinical practice and contains ideas for further research. In **Aging and God**, you'll also find information on project design that can help you develop grant applications and carry out studies. **Aging and God** is a helpful book for both mental health and religious professionals. It helps mental health specialists better understand the spiritual needs of older adults and the impact that religion can have on facilitating mental health. It also describes how religion can be utilized in clinical practice and integrated into psychotherapeutic approaches to older patients. The book brings religious professionals current knowledge of the major psychological problems that older adults face and how religion can be used to help alleviate these problems. Full of pertinent information, **Aging and God** addresses theoretical aspects of human development, focusing on cognitive, moral, and religious faith development examines situations and disorders of particular concern to older persons and looks at how religion can be used as a resource applies research findings to the problem of meeting the spiritual and mental health needs of elders with chronic or acute health problems provides an in-depth look at end-of-life issues such as physician-assisted suicide Hospital and nursing home chaplains will find this book informative and encouraging, as will gerontologists, hospital administrators, and community clergy faced with increasingly older congregations. It gives mental health professionals new strategies to help improve the later years of older adults, and makes an excellent text for courses on religion, mental health, and aging. Middle-aged and older adults, as well as their families, will also find **Aging and God** enjoyable and inspiring as they attempt to grapple with the myriad adjustment and coping problems associated with aging. Learn how to make a more positive impact with your social work with the aged Religion is an important coping mechanism for many aging adults. **Religion, Spirituality, and Aging: A Social Work Perspective** presents the latest research that shows how religion and spirituality can improve quality of life for elders. Respected social work researchers and scholars provide insight and practical methods for fostering positive aging while also considering how spirituality and religion can affect practitioners themselves. The full range of advantages and ethical implications are discussed in clear detail from a social work viewpoint. Case studies plainly illustrate the positive impact that the inclusion of spirituality and religion in an aging person's life may have on their physical and mental welfare. Organized social work in the early twentieth century actively tried to distance itself from its roots as a form of religious charity in favor of becoming a scientific and professional endeavor. **Religion, Spirituality, and Aging** once again bridges the gap between social work and spiritual matters by presenting penetrating articles that discusses the issues of the aging soul while examining ways to improve care. Creative

**strategies are offered to contribute to the spiritual side of aging while considering every implication and ethical question. The compilation is extensively referenced and includes helpful figures and tables to clearly illustrate data and ideas. Religion, Spirituality, and Aging discusses: the latest social work trends and attitudes toward spirituality prayer, meditation, and acts of altruism as interventions an empirical study of how social workers use religion and spirituality as an intervention ethical considerations and best practices religion and spirituality during long-term care the “Postcards to God” project dreams and their relationship to the search for meaning in later life a spiritual approach to positive aging through autobiography dementia and spirituality creating new rituals for sacred aging spiritual master Henri Nouwen’s principles of aging—and his approaches to caring for older people an interview study on elders’ spirituality and the changes manifested in their views of religion Religion, Spirituality, and Aging is a remarkable reminder that elders are our future selves. This erudite, well-reasoned examination of aging and spirituality from a social work perspective is crucial reading for social workers, human service professionals who work with the aged, and gerontology scholars.**

**Spiritual Therapy for the Elderly**

**A Way of Being in Later Life**

**Viktor Frankl's Contribution to Spirituality and Aging**

**A Season of Mystery**

**The Gift of Years**

**Spiritual Dimensions of Aging Theory, Research, Practice, and Policy**

**A Contemplative Guide to Growing Older and Wiser**

How do we find beauty and meaning in old age? How do we overturn the paradigm of ageism? How do we age consciously and cultivate an inner life resilient enough to withstand the vicissitudes of old age? An extended meditation on how to age consciously and embrace life in all its fullness and wonder, *Aging with Wisdom* answers these questions.

How can Aging be a Good thing? Aging all too often feels like drift, downhill to a place we don't want to go. But each year new doors open with opportunities, even while others close with loss. We have the power to prepare, to become stronger, more resilient, and navigate these challenges. Will we turn toward the opportunities, and find new joy and meaning in life? How can we make the most of this time, and develop into deeper, wiser people? With the same warmth, humor, and wisdom that draw thousands to their innovative workshops on aging, Rabbi Rachel Cowan and Dr. Linda Thai give us the tools we need, delivering practical, real-world suggestions. No subject is off-limits; Rabbi Cowan and Dr. Thai tackle a wide range of issues head-on, including: Relationships with adult children and spouses Romance and sexuality, Living with loss, Cultivating well-being, Shaping our legacy, Whether reading this alone, with a partner, or in a group, *Wise Aging* will inspire and inform, and show us ways to grow into wisdom with resilience and joy. Book jacket.

The graying of the US population draws increasing focus to historically unattended segments of society, including sexual and gender minorities. This

title addresses the challenges of aging in the gay, lesbian, bisexual, transgender, and intersex populations. It presents what is known about aging GLBT individuals.

Joan Chittister, one of our most celebrated spiritual writers, invites us in *The Gift of Years* to embrace older age as a natural part of life that is both active and contemplative, productive and reflective, and deeply rewarding. These are the capstone years, the time in which a whole new life is in the making again. The gift of these years is not merely being alive, it is the gift of becoming more fully alive than ever. Original.

Zen Thoughts on Aging with Humor and Dignity

The Spirituality of Age

A Seeker ' s Guide to Growing Older

Illuminations for Therapeutic Practice

Aging with Wisdom and Grace

The Inner Work of Age

Finding Your Grit and Grace Beyond Midlife

***A spiritual life, one focused on personal growth and deep human experience, is a major focus and motivator for people over the age of forty. Yet there is a marked lack of rigorous academic study of spirituality's importance in the lives of aging people. Noted gerontologist Robert C. Atchley remedies this problem by developing complex concepts and language about spirituality. Spirituality and Aging incorporates material from two decades of interviews, observations, study, and reflection to illustrate ways of thinking about and discussing spirituality—what it is, why it is important, and how it influences the experience of aging. This book provides a nuanced view of spirituality and the richness it brings to the lives of older people. The book is divided into three sections, with the first providing basic frames of reference for examining spirituality and aging, such as the nature of spirituality, spiritual development, and the spiritual self. Atchley next focuses on two dimensions of spirituality that are likely to manifest later in life: becoming a sage (developing the capacity to bring spiritual light to everyday issues) and serving from spirit (creating opportunities for service that are rooted in spirituality). The last section illustrates how spirituality informs other aspects of late life, such as psychological coping and the experience of dying and death. Separating spirituality from religion—something few books on this topic do—Spirituality and Aging offers a plan for incorporating spirituality into gerontological scholarship, research, education, and practice.***

***Offers inspiration and guidance to help you make greater meaning and flourish amid the challenges of aging. It taps ancient Jewish wisdom for values, tools and precedents to frame new callings and beginnings, shifting family roles, and experiences of illness and death. For seekers of all faiths; for personal use and caregiving settings***

***Learn to use your later years for awakening and spiritual growth. Encouraging, inspiring, and practical, The Grace in Aging invites all those who have ever experienced spiritual longing to awaken in their twilight years. Since aging, in and of itself, does not lead to spiritual maturity, The Grace in Aging suggests and explores causes and conditions that we can create in our lives, just as we are living them, to allow awakening to unfold -- transforming the predictable sufferings of***

**aging into profound opportunities for growth in clarity, love, compassion, and peace. Kathleen Dowling Singh streamlines vast and complex teachings into skillful means and wise views. Straightforward language and piercing questions bring Singh's teachings into the sharp focus of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Examples from our lives and from the chatter in our own minds touch the reader personally, offering the chance to absorb the implications deeply and do the work of freeing his or her own mind. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Thich Nhat Hanh, the Apostles, Annie Dillard, and more. Lessening our attachments, decreasing our aversions, unbinding what binds us, we bear witness to the possibility of awakening for all beings. The Grace in Aging offers guidelines for older individuals of any wisdom tradition who wish to awaken before they die; no need for caves or seven-year retreats. This is spiritual practice for the lives we live.**

**We all grow old. This book teaches us how to take advantage of a new phase of life: a phase of renewal and inner exploration. We're all beginners when it comes to aging. And although the fact that we are in new territory can certainly contribute to the difficulties in dealing with getting older, it can also have a very positive side. Aging can be seen as a new phase of our life: a phase of renewal. Nowhere is this more evident than in our opportunity to devote more time to reflection and inner exploration. The result, regardless of whatever physical limitations we may be experiencing, is the possibility of cultivating and living increasingly from kindness and gratitude—two of the essential qualities of a life of satisfaction and equanimity. With techniques that are both simple and richly unfolded, this book will help readers: • learn the subtle art of being with pain • uncover the fears that amplify suffering • tap into the true sources of meaningfulness and joy**

**Conscious Living, Conscious Aging**

**Growing Older Gracefully**

**Current Directions and Applications**

**Aging for Beginners**

**Gay, Lesbian, Bisexual, and Transgender Aging**

**A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job**

**Living with Joy, Resilience, & Spirit**

**The definitive resource on how to use yoga to foster your physical, mental, and emotional health for a lifetime. Everyone would like to age with as much strength and grace as possible and now numerous studies confirm what many yoga practitioners have known for a long time: yoga practice has a remarkable impact on physical and mental health—and spiritual well-being—as you grow older. Yoga for Healthy Aging is the definitive resource on how to use yoga to foster your physical, mental, and emotional health for a lifetime. Baxter Bell, MD, and Nina Zolotow, respected yoga teachers and authors of the popular “Yoga for Healthy Aging” blog, explain how yoga can address concerns related to strength, flexibility, balance, agility, cardiovascular health, brain health, and stress**

**management, among other issues. They offer a safe, real-world yoga program to suit your particular needs, which includes poses, breathing practices, meditation, and yoga philosophy. Their program was developed in consultation with scientific and medical experts on aging, and allow you to focus on maintaining overall physical health and/or addressing target problem areas. Yoga for Healthy Aging is a yoga toolbox that will set you up for a lifetime of emotional and spiritual well-being.**

**Reprint of: New York: Gotham Books, c2002.**

**Spiritual Resiliency In Older Women records the narratives of spiritually resilient older German and American women. The authors suggest how persons of all ages can gain maturity and spiritual coping by participating in communities based on faith, which acknowledge the emotion of spiritual experiences and integrate faith and close human relationships.**

**Every new year of life is an undiscovered country. There's no map through our later years, and the new terrain can bring anxiety and uncertainty, when our souls are more preoccupied with what has been lost than what is to come. While our physical stamina, independence, and career fulfillment decline, each of these losses invites us to grow, inward and upward. God calls us to let go of our need for fulfillment and embrace the gift of fruitfulness so that we might be transformed in this final season of our lives. In *Aging Faithfully*, spiritual director Alice Fryling guides our walk with God in a vulnerable time, listening for his voice and responding. As we age, something unusual happens: God renews us from within, when we allow him access. As we accept our responses to the aging process, we grow closer to God and experience his grace. Are you open to increased hope, joy, and transformation? Would you like to grow in life-giving ways no matter the circumstances? Do you have the courage to let go of former ways of thinking to receive love and life in new ways? We all age differently, and God calls each of us to new spiritual birth as we mature. Whether you are approaching the beginning, middle, or end of your senior years, you are invited. Come and be transformed.**

**Aging as a Spiritual Practice**

**How to Age with Honor and Dignity--A Guide for Men**

**Spiritual Pathways to Mental Health in Midlife and Later Years**

**Religion, Spirituality, and Aging**

**How to Bring Depth and Meaning to the Work You Do**

**Models of Strength for Challenges through the Life Span**

**The Grace in Aging**

*More than thirty years ago, an entire generation sought a new way of life, looking for fulfillment and meaning in a way no one had before. Leaving his teaching job at Harvard, Ram Dass embodied the role of spiritual seeker, showing others how*

*to find peace within themselves in one of the greatest spiritual classics of the twentieth century, the two-million-copy bestseller *Be Here Now*. As many of that generation enter the autumn of their years, the big questions of peace and of purpose have returned demanding answers. And once again, Ram Dass blazes a new trail, inviting all to join him on the next stage of the journey.*

*Explore the spiritual dimensions of aging through science, theory, and practice! During the later years of life, many people devote energy to a process of spiritual awakening and self-discovery. Yet their family, friends, clergy, and the helping professionals who work with them are not always prepared to understand or deal with the spiritual concerns of their clients. *Aging and Spirituality* provides a unique, far-reaching overview of this long-neglected field. Divided into four independent but interwoven sections, this landmark book covers the spiritual realm with scientific rigor and deep human understanding. *Aging and Spirituality* comprehensively surveys the issues of spirituality, from the groundwork of basic definitions to detailed assessments of the role spirituality plays in the lives of the elderly and suggested directions for further research. This book's unique approach combines scholarly research and practical nuts-and-bolts suggestions for service delivery. By drawing from many disciplines and professions, it offers fresh perspectives to even those practitioners already familiar with the most effective spiritual techniques their own field can offer. *Aging and Spirituality* answers such common questions as: What are the spiritual needs of people later in life? Is there any solid evidence that prayer changes things? How is spirituality related to physical and mental health? Does spirituality matter when people know they are dying? How can we measure spiritual wellness and assess the outcomes of activities intended to enhance it? Will attention to spirituality aggravate or alleviate the losses--of friends, family, health, youth--that so often occur during old age? *Aging and Spirituality* provides a much-needed resource for health care professionals, clergy, social workers, and counselors working with geriatric clients. By integrating spiritual issues into the theoretical framework of social gerontology, *Aging and Spirituality* will help you understand the scientific foundations, practical applications, and public policy implications of spirituality for older adults.*

*Explains the aging process based on the Buddhist tenet about the inevitability of change, with descriptions of the four key stages of aging and advice about awareness, adaptation, and acceptance.*

*We live in a culture that tells us there are few things worse than aging, that we should avoid aging at all costs, and that we must shun death. And yet, no matter how much money we spend on health supplements, no matter how many gurus we consult, the fact remains unchanged: We will grow old. In *A Season of Mystery*, 60-year-old Paula Huston—a grandmother, and also a caretaker for her own mother and for her in-laws—shares with readers a far more fulfilling way to approach how we live and how we think about the second half of life. Each chapter offers a spiritual practice that is*

*particularly suited to nurturing us in ways we would never have recognized in our younger lives. For example, the practice of "listening" helps us quit superimposing our own take on every situation before we have a chance to hear and see what is truly there; the practice of "delighting" encourages us to notice and be thankful for what is small and seemingly insignificant. Each of the 10 practices serves as an antidote to the classic afflictions of old age, such as close-mindedness, complaining, and fear of change. A Season of Mystery is not intended to be a selection of self-improvement secrets; the goal of Huston's work is to encourage people in the second half of life to become "ordinary mystics" who are no longer bound by the world's false ideas on aging but instead be freed by God's grace to embrace the riches that come only with growing older.*

*Embrace & Savor Your Next Chapter*

*Embracing Aging, Changing, and Dying*

*Spirituality, Religion, and Aging*

*10 Spiritual Practices for Embracing a Happier Second Half of Life*

*Aging Faithfully*

*Wise Aging*

*The Wonder of Aging*

A guide to developing and maintaining a spiritual life on the job, drawn from the teachings and practices of Buddhist tradition. Most people associate Buddhism with developing calmness, kindness, and compassion through meditation. Lewis Richmond's *Work as a Spiritual Practice* shows us another aspect of Buddhism: the active, engaged side that allows us to find creativity, inspiration, and accomplishment in our work lives. With over forty spiritual exercises that can be practiced in the middle of a busy workday, *Work as a Spiritual Practice* is based on the principle that "regardless of your rank and title at work, you are always the chief executive of your inner life." Drawn from the author's diverse professional experience—as a Buddhist meditation teacher, business executive, musician, and high-tech entrepreneur—*Work as a Spiritual Practice* addresses a wide variety of on-the-job problems. Here you'll learn how to:

- perform spiritual practices while commuting to and from work
- meditate while sitting, walking, or standing—a minute at a time
- understand ambition, money, and power from a spiritual perspective

*Work as a Spiritual Practice* is an essential guide for anyone who wants to bring his or her spiritual life and work life together. Tools and anecdotes to reframe aging from the bestselling author of *Work as a Spiritual Practice* and *Aging as a Spiritual Practice*. Aging is a journey: a decades-long adventure of new opportunities and surprises. For many men, the decline in virility and power that accompanies age can be a tough pill to swallow. When these fall away, how do we make sense of who we are? What does it mean to be a man? Drawing from research, interviews, and personal stories, *Every Breath, New Chances* shows readers how to turn toward the changes associated with aging and to reevaluate losses and transitions as new avenues for joy, self-discovery, renewal, and growth. Delving into topics such as divorce, single living, retirement, and encore careers, each chapter includes a contemplative practice called Deep Mind Reflection to help readers navigate the fears and aspirations that come along with changes in relationships and work. This book addresses the more challenging

realities associated with illness, substance abuse, and mortality, while empowering readers to compassionately embrace next steps and spiritual preparations for their final decades of life. This book does not proffer tools for staving off an inevitable part of life; rather, it offers frameworks and strategies for peacefully embracing it.

"Contemplative aging is for men and women age sixty and beyond who want to experience a more peaceful, aware way of being through contemplative practices and to transcend the many causes of suffering inherent in later life"--P. [4] of cover.

Over two decades ago, beloved and respected rabbi Zalman Schachter-Shalomi felt an uneasiness. He was growing older, and fears about death and infirmity were haunting him. So he decided to embark on mission to get to the bottom of his fears. Through a series of events that included a vision quest in a secluded cabin and studying with Sufi masters, Buddhist teachers and Native-American shamans, Reb Zalman found a way to turn aging into the most meaningful and joyous time in his life. In this inspiring and informative guide, Reb Zalman shares his wisdom and experience with readers. He shows readers how to create an aging process for themselves that is full of adventure, passion, mystery, and fulfillment, rather than anxiety. Using scientific research--both neurological and psychological-- Reb Zalman offers techniques that will expand horizons beyond the narrow view of "the present" into a grand and enduring eternity. By harnessing the power of the spirit, as well as explaining exactly how to become a sage in their own community, he gives readers a helpful and moving way to use their own experiences to nurture, heal, and perhaps even save a younger generation from the prison of how we typically regard aging. In this updated version of his popular book, Reb Zalman has added a brand new introductory chapter that provides insight into the shifts that have taken place in our culture since the first edition of this book came out in the 1990s. He speaks about the role the 78 million (now aging) Baby Boomers are currently playing in how we think about aging. Additionally he provides new inspiring ideas about the importance of an elder's role in shaping society, and explains how elders can embrace the power they have to provide value and wisdom to those around them.

Awaken as You Grow Older

New Dimensions in Spirituality, Religion, and Aging

The Holy Invitation of Growing Older

Yoga for Healthy Aging

Vesper Time

Social Forces and Aging

A Social Work Perspective

**The bestselling author of *Work as a Spiritual Practice* presents a new vision of the aging process, awakening a spirit of fulfillment and transformation. Everything changes. For Buddhist priest and meditation teacher Lewis Richmond, this fundamental Buddhist tenet is the basis for a new inner road map that emerges in the later years, charting an understanding that can bring new possibilities, fresh beginnings, and a wealth of appreciation and gratitude for the life journey itself. In *Aging as a Spiritual Practice*, Richmond acknowledges the fear, anger, and sorrow many people experience when they must confront the indignities of their aging bodies and the unknowns associated with mortality. This wise, compassionate book guides readers through the four key**

stages of aging- such as "Lightning Strikes" (the moment we wake up to our aging)-as well as the processes of adapting to change, letting go of who we were, embracing who we are, and appreciating our unique life chapters. Unlike many philosophical works on aging, however, this one incorporates illuminating facts from scientific researchers, doctors, and psychologists, as well as contemplative practices and guided meditations on aging's various challenges and rewards. The tandem of maintaining a healthy body and healthy relationships, infused with an active spiritual life, is explored in rejuvenating detail. Breath by breath, moment by moment, Richmond's teachings inspire limitless opportunities for a joy that transcends age.

*Spirituality, Religion, and Aging: Illuminations for Therapeutic Practice* by Holly Nelson-Becker is a highly integrative book written for students, professionals in aging, ministers, and older adults themselves. Readers will gain the knowledge and skills they need to assess, engage, and address the spiritual and religious needs of older persons. Taking a fresh approach that breaks new ground in the field, the author discusses eight major world religions and covers values and ethics, theories, interventions, health and caregiving, depression and anxiety, dementia, and the end of life. Meditations and exercises throughout the book allow readers to expand and explore their personal understanding of spirituality. Referencing the latest research, the book includes assessments and skill-based tools designed to help practitioners enhance the mental health of older people.

An Introduction to Social Gerontology

Spirituality and Ageing

Full Circle

Jewish Wisdom for Growing Older