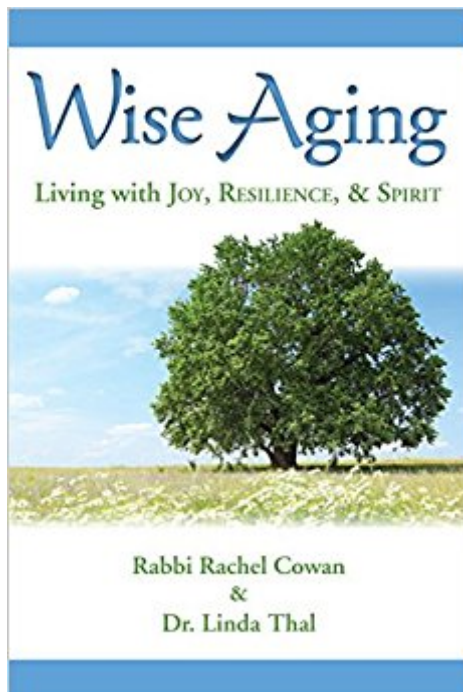


The book was found

Wise Aging



Synopsis

In *Wise Aging: Living with Joy, Resilience, & Spirit*, Rabbi Rachel Cowan and Dr. Linda Thal give us the tools we need to navigate the challenges of aging as we find joy and meaning in our lives. With the same warmth, humor, and wisdom that draws thousands to their innovative workshops on aging, they deliver practical, real world suggestions: journaling exercises, meditations, and activities that dig deep and lead us to a better understanding of how to age well.

Book Information

Paperback: 304 pages

Publisher: Behrman House Publishing (May 15, 2015)

Language: English

ISBN-10: 0874419212

ISBN-13: 978-0874419214

Product Dimensions: 5.8 x 0.7 x 8.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 38 customer reviews

Best Sellers Rank: #60,000 in Books (See Top 100 in Books) #28 in Books > Politics & Social Sciences > Social Sciences > Gerontology #222 in Books > Health, Fitness & Dieting > Aging #377 in Books > Self-Help > Spiritual

Customer Reviews

Wise Aging represents a sea change in the way we approach the opportunities for spiritual meaning and growth as we grow older... (a) truly inspiring approach to gaining wisdom as we age. --RABBI ANGELA W. BUCHDAHL, Senior Rabbi, Central Synagogue, New York, NY This is a book I want to give to everyone I love. It's like a series of intimate sessions with two astute and tender guides, who can lead you from confusion and foreboding about aging to opening your arms to possibility. --SARA DAVIDSON, author of *The December Project*, a Jewish Book Award Finalist, and *Loose Change* Rabbi Cowan and Dr. Thal offer wisdom for those in later life, but they are really teaching all of us how to live better. --DAVID GREGORY, *Meet the Press*, Author of the forthcoming book, *How's Your Faith?*

ABOUT THE AUTHORS: Rabbi Rachel Cowan has worked to revitalize Jewish spiritual practices during her years at the Nathan Cummings Foundation. She also helped secular organizations promote meditation as a resource for people living in contemporary society. She also directed the

Institute for Jewish Spirituality, whose mission is to support the continuing spiritual growth of rabbis, educators, and laypeople. Dr. Linda Thal is a Jewish educator focused on adult spiritual development. She was the founding co-director of the Yedidya Center for Jewish Spiritual Direction, an institute that trains rabbis, therapists, and others in providing spiritual guidance to individuals.

Deep wisdom to guide our becoming an elder. So needed! Anyone can grow old if you live long enough but it takes effort and introspection to harvest the lessons of a lifetime and become a wise older member of society, which used to be a respected role - a sage.. This book will lay out that path. I've read several books on this subject and this is by far the best. It's written from a Jewish perspective but relevant and accessible to everyone, all backgrounds and not in the least a heavy religious book. No proselytizing about the "best way". Practical, applicable, easy and even fun to read and should be read by anyone who is seeking a template to enter older age and grow wise from the experience of living.

excellent

Considerate and great for even young, old people ;^P Would be good to use as a "workbook" for a group of people interested in aging and supporting each other in self-discovery and growth.

Very interesting book about wise aging. Not everyone could be so wise but we do our best and hope for a good outcome.

This book is being used as a discussion group at our Temple. Very enlightening and brings up many things to discuss.

Arrived on time. As described.

A wonderful source of inspirational stories, poems, prayers and more to help explore aging.

I stimulating book, well worth reading. Even better, form a group and explore the issues together.

[Download to continue reading...](#)

Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care

Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Healing Wise (Wise Woman Herbal) Breast Cancer? Breast Health!: The Wise Woman Way (Wise Woman Herbal) Wise Aging I Ching For Wise Living And Aging: How to consciously find inspiration and purpose in the second half of life Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day Take on Aging as a Sport: The Athletic Approach to Aging The Merck Manual of Health & Aging: The comprehensive guide to the changes and challenges of aging-for older adults and those who care for and about them Aging with Grace: What the Nun Study Teaches Us about Leading Longer, Healthier, and More Meaningful Lives [AGING W/GRACE] Pressure Ulcers in the Aging Population: A Guide for Clinicians (Aging Medicine) Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process, The Global Aging Issues and Policies: Understanding the Importance of Comprehending and Studying the Aging Process Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Global Aging: Comparative Perspectives on Aging and the Life Course Handbook of Aging and the Social Sciences, Eighth Edition (Handbooks of Aging) Ending Aging: The Rejuvenation Breakthroughs That Could Reverse Human Aging in Our Lifetime Ebersole & Hess' Toward Healthy Aging: Human Needs and Nursing Response, 8e (TOWARD HEALTHY AGING (EBERSOLE)) Ebersole & Hess' Toward Healthy Aging - E-Book: Human Needs and Nursing Response (TOWARD HEALTHY AGING (EBERSOLE))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)