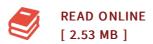




The Gift of Years: Growing Older Gracefully

By Joan Chittister

BlueBridge. Paperback / softback. Book Condition: new. BRAND NEW, The Gift of Years: Growing Older Gracefully, Joan Chittister, Not only accepting but also celebrating getting old, this inspirational and illuminating book looks at the many facets of the aging process, from purposes and challenges to struggles and surprises. Central throughout is a call to cherish the blessing of aging as a natural part of life that is active, productive, and deeply rewarding. Perhaps the most important dimension revealed lies in the awareness that there is a purpose to aging and intention built into every stage of life. Chittister reflects on many key issues, including the temptation towards isolation, the need to stay involved, the importance of health and well-being, what happens when old relationships end or shift, the fear of tomorrow, and the mystery of forever. Readers are encouraged to surmount their fears of getting older and find beauty in aging well.



Reviews

This created book is wonderful. It is amongst the most amazing book i have got go through. I am just effortlessly will get a enjoyment of looking at a created publication.

-- Prof. Jasper Murazik PhD

This pdf is fantastic. Sure, it can be engage in, nevertheless an interesting and amazing literature. Its been developed in an remarkably straightforward way and is particularly merely after i finished reading through this publication where in fact transformed me, change the way in my opinion.

-- Mr. Lee Simonis PhD