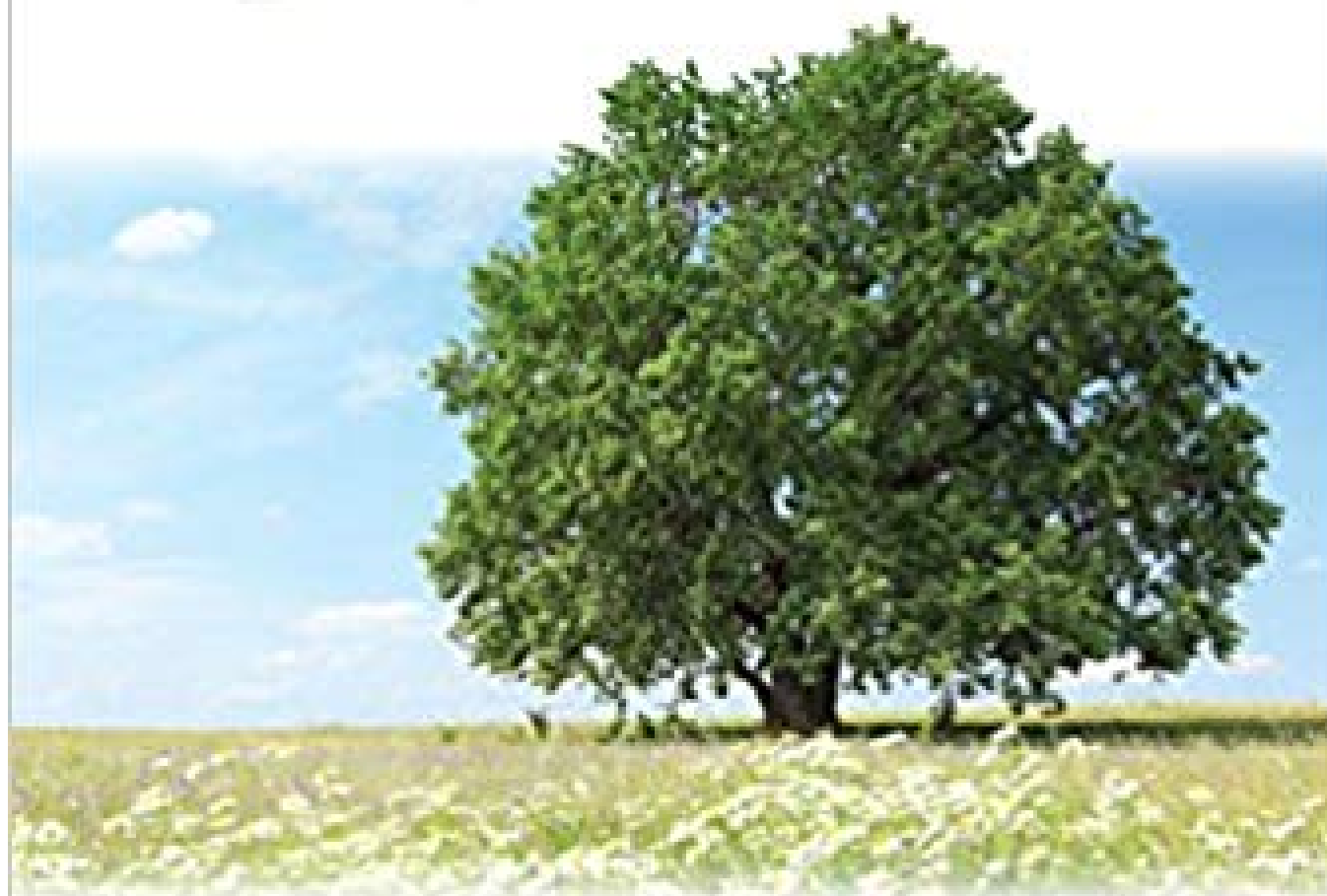


Wise Aging

Living with JOY, RESILIENCE, & SPIRIT



Rabbi Rachel Cowan
&
Dr. Linda Thal

Rabbi Rachel Cowan and

Wise Aging



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In *Wise Aging: Coping with Pleasure, Resilience, & Spirit*, Rabbi Rachel Cowan and Dr. Linda Thal provide us with the same warmth, humor, and wisdom that draws thousands with their innovative workshops on ageing; they deliver practical, real world recommendations: journaling exercises, meditations, and activities that dig deep and lead us to a better understanding of how exactly to age well. Linda Thal provides us the tools we need to navigate the difficulties of maturing as we find pleasure and meaning in our lives.



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A must for anyone who wish to get old and wise Deep wisdom to steer our starting to be an elder. Helpful information for sensible aging for anyone interested in aging well! Considerate and great for even young, outdated people ;. Linda Thall will help you explore the issues of aging and the joy of the exploration.I've read several books upon this subject and this is by far the best. Use this book for publication dialogue group. No proselytizing about the "easiest way". Practical, relevant, easy and even fun to read and should be go through by anyone who is searching for a template to enter old age and grow wise from the experience of living. This book is a treasure With wisdom and clarity, Rabbi Rachel Cohn and Dr. This reserve will lay out that path. Not merely is there moving stories to read and queries to ponder, but if you are reading this with an organization, there are exercises which allow closer connections with your fellow travelers, which itself is definitely a pathway to peace, acceptance, and gratitude.It really is never too late to learn, and perhaps this stage of life offers its sweetest opportunities. I would recommend this book. This is a must read for all those older than sixty. Wonderful stories or reflection. I've recommended the publication to interested people. Extremely relevant Idea provoking and insightful. There are also idea provoking journal prompts. Our rabbi carried out a monthly meeting and we examined all the chapters one at a time. Grab the publication, sit down with a glass of tea, and begin! The book was a wonderful guide and we found it very helpful I was part of a group that use the publication. I am choosing to learn the book and go back and do the journaling. The reserve was the foundation for the debate and we are still meeting. The reserve was an excellent guide and we found it very helpful. The proper book at the proper time of life Wisdom and compassion This is a great book for those who want to approach aging with wisdom and compassion. Suggest to others and also have bought copies for users of my children too. Anyone can get old in the event that you live long more than 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 always a respected part - a sage.*P Would be good to use as a "workbook" for several people interested in aging and supporting each other in self-discovery and growth. Wise guidance at this place in time. Wise and perfect for me The book network marketing leads the reader through the mindful journey of aging. The reflection questions are excellent. This was the text for a course I took with friends. Tremendous within what is had a need to make our lives more fuller and meaningful Five Stars excellent What will your legacy end up being? My favourite activities had been journaling, creating the Moving River, and hishboodedut --a spiritual practice trained by Reb Nachman of Bratslav. Although my encounter was with a support group that met a specific number of times -- this book could possibly be used effectively by people, taking as enough time as they need. Timely Haven't finished it however, but book club really wants to read it. Contained in the reserve are numerous quotations and references. Therefore needed! It's created from a Jewish perspective but relevant and accessible to everyone, all backgrounds rather than in the least a heavy religious book. Find it to become insightful and believed provoking for any age. We all want to age well. Great one for professional and personal library. Well prepared and thought provoking.



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