

Johann Christoph Arnold

Foreword by Cardinal Seán O'Malley

Rich *in* Years

*Finding
Peace and
Purpose
in a
Long Life*



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Rich in Years: Finding Peace and Purpose in a Long Life



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Johann Christoph Arnold, admired by such prominent spiritual and inspirational leaders as Nelson Mandela, Mom Teresa, Cardinal Dolan, Pete Seeger, and many more, presents answers to the question: Why shouldn't getting older be rewarding? Arnold, whose books have got helped more than a million visitors through life's challenges, shows us the spiritual riches that age group has to offer. In this publication, he shares tales of people who, in growing older, have found both peace and purpose. Pastor Arnold's book challenges those rich in years to also remain rich in faith. Going beyond mere inspiration, Arnold will not shy away from such difficult topics as coping with dementia, the chance of dying, and enduring with dignity. Praising Abundant with Years, Cardinal Dolan, Archbishop of NY, writes, In simple language, Arnold gives hope-filled insights into the trials of ageing for people of all age groups. Johann Christoph Arnold knows, from years of pastoral knowledge, what older people and their caregivers can do to make the most of the journey of aging. Now in his seventies, Arnold discovers himself personally facing the problems of ageing with grace. Through faith and a true spirituality, he says, we can find acceptance and serenity. With a foreword by Cardinal Sean O'Malley, Rich in Years covers the significant topics facing the aging, older people, and their family and caregivers: accepting changes, combatting loneliness, and continuing on with purpose and hope.



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Numerous stories on how different people handled things such as depression, loss A book within the challenges a lot of people face after retirement and coping with loss. Numerous stories on how differing people handled things like depression, loss, grief and living with health problems. Well written and readable. Christoph Arnold shares the tales of others who are "wealthy in years" in addition to those that love and care for them, reminding us of the need for faith, wish and community. Read this for motivation and to warm your heart An excellent read for also people before they reach 50 because we all can benefit in looking forward and to considering the quality of our lives in old age as well as our elders in our lives. This definitely makes us take into account the rich meaning of life we can have and what we can perform for others and acknowledge our elders who suggest so much to us. An excellent read aloud to share and discuss and enjoy! An incredible book, so well crafted An amazing book, so well written, cherished the pics of individuals in publication, the wisdom is for previous and young, for children and their parents, or your grandparents, neighbor next door. Excellent reading for pretty much any age reader This is an excellent read for seniors but its recommendations and anecdotes apply nearly equally well to mid-lifers too. I no longer fear growing older, but I am even more concerned with how I will invest my period while I'm alive. I want I had seen it 15 or twenty years ago but I may not need appreciated it as much as I do now. Terrific Perspectives on Aging Written by person who has been presently there, this book offers very different perspectives on aging that are encouraging. Thanks to Christoph and his wife Verena who compiled this book, we can observe how facing the fears of loss of life, the changing of one's mind and body, the loss of capacities and family members can be transformed if we talk about them. Searching through their eyes and hearts, we can start to celebrate our trip towards our later years. Growing old need not be a problem.. Go through, enjoy and put their message to make use of today.. STANDING OVATION for Abundant with Years! Rich in Years is an excellent book for everyone, regardless of age! I was particularly moved by the story of Richard Scott;. I highly recommend it. I recommend Rich in Years and will be ordering several even more as gifts. Younger readers could benefit but probably would feel it's prematurely . to ready for such an uncomfortable subject - getting previous and closer to the end of life. You realize the need for friends, family, provider to our fellow man & the energy of prayer. In our country, the elderly are sometimes unappreciated and neglected. Johann Christoph Arnold has reinforced if you ask me the importance of keeping our elders near for the wisdom they can impart and to uphold the responsibility of caring for them because they age. Anticipate buying and gifting to people. It's message can be one of Lifestyle; Am I carrying out all I can for the kingdom of God? I find this book to be inspiring. Johann Christoph Arnold's words, coupled with the message of the bible have become comforting. Getting old can be scary. Reassuring for us as we get older on how to treasure each day God gives us. After reading Rich in Years, Personally i think at peace with the concept of getting older. Discover the richness of ageing and community A clear-eyed and enlightening reserve for people of any age group on an issue of growing importance inside our world. Thanks Five Stars Great Five Stars Anybody that thinks they are getting old needs to read rich in years Three Stars A nice book that assists but getting old in perspective. Finding Peace and Purpose in every things Rich in Years is usually compilation of several different stories who have discovered peace and purpose. You might even feel youthful!.. We can learn by their example and transform ageing to a journey of discovery and be a blessing to those we collect around us. the individual experience. Stories of hope and making the best of each situation.. Very helpful and encouraging publication. I haven't finished but what I have read has enlightened my times. I am learning much about the autumn years of my entire life and where to

find peace and purpose in my own life. Very great booklet.. I understood from the description that I needed to read it nonetheless it was better still than I experienced hoped.. Five Stars This book has been distributed to friends and neighbours, and is a treasure for an ageing population. While reading, I was shifted to tears. I gained a copy of the book on Goodreads. I had not been required to post a review. I can't start to describe all of the useful information this small book contains.



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