

"A bright and insightful book, and actually useful for any age ... can ease that glide path (of aging) considerably." —Ken Wilber, *The Integral Vision*

The *Secret* Promise of Aging

Finding Meaning, Joy and
Inner Peace as Years Fly By

Christopher Foster



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As years creep by and illness or loss take their toll, we sometimes worry what lies in store for us or if we are on the right path. We wonder, probably, if life has indicating, or if we can handle some challenge that is before us. With 41 useful meditations from the writer's comfull of generous insight and truth-telling,"Praised by best-offering author Sharon Salzberg as " And it demonstrates through living examples the way the courage and insight we are in need of is always open to us as we listen to the wisdom of our center. He invites us to tap even more fully in to the sheer joy of being alive and open our mind and center to new possibilities even as our body slows down. Enriched with inspiring quotes, it is a straightforward, light and friendly go through that you'll return to over and over, and which will help you:Find joyDiscover inner peaceEngage with life more deeply no matter your ageSee the sweetness of the present momentFind meaningAge gracefullyFind accurate happinessLike most of us, 82-year-old writer and blogger Christopher Foster has known both joy and despair in his life. The Secret Promise of Aging can help you overcome adversities and knowledge deepening pleasure and well-becoming at any age group.For more from Christopher please check out TheHappySeeker.s life, this gentle but strong reserve reminds all of us of the energy of our ageless, unconquerable spirit.



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Items Seldom Seen and frequently Missed The very senior years are usually approached with anxiety and trepidation if not stark fear. Bill Crosman Inspiring Words; Chris writes merely and artfully from his very own experience, well supported by quotations from others. Rather than theoretical sugar covering he details many simple techniques, personal exercises, to become undertaken opening doors to the promises that may tap untold riches of satisfaction and fulfillment only available in these unique years. Listed below are adventures in living becoming shared with comrades in elder maturity. End up being still, and you may know what to do. We have few role versions for dealing well with reduction and really aging with grace. Christopher offers such a gentle, effective way of showing the reader that stages of life include it's own group of challenges. Excellent, well written book Excellent, well written publication by Christopher Foster. Sharing much of his own private battles, such as loss of someone you care about or illness, the author has given me an excellent reference reserve that sits on my nightstand with many chapters 'dog eared' to pick up, browse and embrace my very own aging process! Although some can be just the organic process of aging, others can strike us blind sided, and arranged us totally off-training course. I enjoyed the book and discovered that I learned a whole lot from it. Superb at Any Age At 67, I consider myself entering middle age group, since I intend to live to 120! Many thanks Chris!"Read this book and talk about it with anyone you know who's aging. Does a challenge loom before you? Clearly written simply by a man who has tasted the experiences of life. A warm consider his heart and mind which he shares by means of essays. As we change so do our encounters, Chris lists the countless ways available to age with grace and integrity Enjoyable as you walk with the writer revealing your own route! carefully, lovingly, courageously. I found the writer was interesting with great stories and an encouraging term to all us and not just the aging person. Would buy his next reserve. deep clear pool of wisdom Chris Foster finds terms to clothe basic, profound and timeless truths. He and his blog, "The Happy Seeker," have already been a great blessing in my life. Chris offers therefore many invitations to improve your brain and see, maybe for the very first time, possibilities for undreamed of experiences in living where your resistances, conscious and unconscious, could be acknowledged and transformed. Timeless Wisdom We am a psychologist who specializes in working with seniors and have experienced the trenches with regards to seeing the problems of aging. So many people lose heart near the end of their lives, becoming hopeless and depressed. A wonderful read! Christopher Foster's "THE TRICK Promise of Ageing" is a distinctive and sorely needed are our population age range. As difficult since it is, change is the hallmark of ageing. Christopher straight addresses fears of modification, transition, and the unknown. His phrases inspire seniors and all of us to be there with our knowledge and remain joyful and happy." "We have to be flexible, ready to change our thoughts every now and then and go in a fresh direction if you need to. Life can be an adventure! This reserve is a particular read. Here are a few examples of his wisdom which soothes just like a healing balm: "Are you in a difficult situation? But most of all we need to keep trusting our very own unconquerable spirit! It includes the promise of joy, simple pleasures, and "the buoyant spirit that is the birthright of each one of us." Inspiring Stories Filled with Kindness, Like and Grace! There is something uniquely special and meaningful in Christopher Foster's writing and wisdom on the process of growing older!" "The Secret Promise of Aging: Getting Meaning, Pleasure and Inner Peace as Years Fly By" is a remarkable and heartfelt publication that provides hope and comfort to the ever increasing older population. The inspiring stories are filled up with kindness, love and grace which are all qualities that will help us accept the aging process in a culture that worships the young. We thoroughly enjoyed this reserve and recommend it! This is the 2nd book I have read written by Christopher Foster. Chris Foster's beautiful reserve on aging offers wisdom which can be applied to any age. He imparts a lot by the vulnerable manner in which he reveals his very own experience and I can't imagine that there can be anyone alive who cannot relate with at least some parts of Existence that Chris explores. I found real, every-day worth in Chris's reserve and I intend to read it once again when I'm about 105 to reconsider the wisdom in my winter season years. Christopher Foster has found meaning, purpose and pleasure in the

simplest stuff: a child's gaze, a leaf blowing in the breeze, a bird singing. In case you are looking for inner-peace, you will see it here. I discover his wisdom is normally ageless, his compassion is usually boundless, and his capability to engage the reader unmatched. Often I find myself going back to his blog page, his writings, and his feedback to enrich my very own lifestyle and perspectives. As an instructor I find his ability to be all inclusive of humanity something special, allowing all that read his works a place to come back to under any, and all, circumstances.... This wonderful book was presented with to me as a gift and I cherished every word. Many thanks Chris.. Risa McFarland The secrets of finding joy at any age. the everyday miracles heaped before us that nourish our spirit, heal our hearts, and lift us right into a new dimension of peace and well-being. Along with his own heartfelt tales and everyday observations, Chris prospects us back again to ourselves; Delightful Read Nice book with an excellent read. I truly think that this book will inspire everyone who reads it and I highly recommended it no matter what age you might be. Ageless Wisdom There are various inspirational books available, however none compare with this latest work provided by Christopher Foster.



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