
Awakening to Aging:

Glimpsing the Gifts of Aging



Edited by

Myrtle Heery, PhD
& Gregg Richardson, PhD



Myrtle Heery

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Awakening to Aging is definitely a book if you are on the trip of existence. A timely reserve giving us gifts that come with awakening - options, meanings, and explorations with humility to the mysteries of ageing. A collection of essays edited by Myrtle Heery, PhD and Gregg Richardson, PhD add a spectral range of aging topics: finances, health - like the changing brain, cancer and heart disease, choosing a house, caregiving, ethical wills, ageing parents, and spirituality. Informative, humorous, and shifting, Awakening to Maturing: Glimpsing the Presents of Aging, courageously addresses the largest population ever to age group, the infant Boomers and their families. Seventeen writers use their professional understanding and moving personal tales of aging to provide hope, practical tips, and wisdom in this period of stressful role changes and uncertain health care. We all plan each trip of our lives and we have to plan our last great trip, aging and its destination, death.



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Excellent book and method of aging for everyone I was skeptical initially, but found this book to be enlightening and honest and self-explanatory. It is not a downer as I believed it may be, but is normally encouraging and positive, Treasure for Boomers Fellow BOOMERS, don't miss this treasure of a book! I in the beginning jumped around reading selected chapters, and then read the entire book again from start to finish. I came across it to be one of those books I experienced compelled to talk about with others. I ordered two even more copies for my kids! This book is certainly both timely and relevant for the infant boom era. There are plenty of touching stories to greatly help us start to see the humor in aging and in caretaking. The authors' personal stories and insights touched me deeply and inspired both practical action and quiet reflection--and made me smile, too. Every page is filled with heartfelt terms of encouragement. I will keep this book near by and reread it frequently. Timely and relevant Myrtle Heery's reserve is a true gift to those of us who are caring for our parents and facing our very own aging issues as well. A book for everyone! Must read!



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