

*The Lifelong Journey Toward
Meaning and Joy*

Ageless Soul



THOMAS MOORE

#1 NEW YORK TIMES BESTSELLING AUTHOR OF CARE OF THE SOUL

Thomas Moore

Ageless Soul: The Lifelong Journey Toward Meaning and Joy



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"Beautifully and eloquently written. Thomas Moore convinces us that people age best when we embrace our age, live agelessly, and remember every day to find the endless pleasure nestled within our soul... In Moore's view, aging is the process where one becomes a far more distinctive, complex, fulfilled, loving, and connected person. Subjects include: *Why melancholy is a natural component of aging, and how to accept it, rather than confuse it with melancholy *The vital function of the elder and mentor in the lives of younger people *The many paths of spiritual development and learning that open up later in life *Sex and sensuality *Building fresh communities and leaving a legacy

Ageless Soul teaches readers how to embrace the richness of experience and how to take existence on, accept invitations to fresh vitality, and experience fulfilled as they grow older. In Ageless Soul, Moore reveals a fresh, uplifting, and inspiring route toward aging, one that do not need to be feared, but rather embraced and cherished." - Dr. Using good examples from his practice as a psychotherapist and teacher who lectures widely on the soul of medication and spirituality, Moore argues for a new vision of ageing: as a dramatic group of initiations, rather than diminishing experience, one which each of us has the tools?knowledge, maturity, fulfillment?to live out. Tanzi, NY Times bestselling author of Super Human brain and Super Genes

Thomas Moore may be the renowned author of Care of the Soul, the classic #1 New York Times bestseller.



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I believe it's wise to read chapter 14 I will add a caveat before we proceed with my review. I believe it's wise to read chapter 14, And go back and read the book. Mr. Moore is normally a master of the soul, and this book is believe it or not a great work than all the others he has penned through the years. He gives a large amount of himself in this book. The Advantages that come with Age. The book is a lot about living, not really dying. As a therapist, he offers many wise insights about coping with the emotions and struggles that continue being part of our lives as we age group. It could be difficult to have a positive view of the future. Thank you, Mr. This means constant change and unfolding. As I was reading *Ageless Soul*, I realized, not for the first time, that Thomas Moore is truly my favorite writer. The caveat? Chapter 14 allows me that. Presents for the ageless soul inhabiting an ageing body I loved this reserve and found it perfect for addressing this poignant bittersweet period of my life. Accept ageing. To learn about issues and feelings that I struggle with and have somebody speak of the gifts these challenges can bring. What makes this one a lot more insightful is usually that at seventy-seven (or thereabouts) he knows well what he is talking about, actually without the mass of research and "hands-on" ending up in folks who are living through the process. If you want to grow your brain, read this publication. He says: "Spirituality...is certainly not about belief but about who you are and how you live... Hope of an after-life, I bring that with me into old age. I give 3 stars out of respect for author, but just couldn't enter it. And I feel seen, heard, understood, and grateful. Profound and affirming In *Ageless Soul*, Thomas Moore draws by himself life experiences, wealthy and varied because they have been, together with his vast knowledge of myth, psychology, religion, and historical studies. He is an expert at weaving together his own life-long learning, his experience working with professional therapists, individual clients, and other groupings, to bring together a book which will enrich your own trip. This book appears to me also richer, deeper, even more profound than his various other books. Perhaps this is credited to the subject matter, but in this reserve Thomas Moore reveals areas of his lifestyle that are very personal, more so I believe than in his various other works." In case you are wondering how exactly to accept all of the "small deaths" of lifestyle, this is actually the book to read. Our experiences, including those that have been unpleasant, are an intrinsic party of the procedure towards our very own ripening and advancement. As we age group we are more of who we really are. Of program we lose some issues, but we continue steadily to become deeper, to become more aware of this is of our very own "creation tales." He shares personal anecdotes which many of us may relate to. He's an expert in his field, yet he instructions the ability to allow the less-indoctrinated to check out each insight. We have to continue to work things out. This by no means goes away. For me, the writings of Thomas Moore act as an affirmation of my very own process. My past and my tales reflect not necessarily something to "let move of," but components of why is me who I am today. soulful, soothing insights about aging gracefully and philosophically T. This book is for all those, should we be fortunate to get old. Yet, we need to accept growing older, even to embrace it, and notice as a means to broaden, to transcend: "To transcend means to go beyond your present limits. I'll read this again and again. In this context he discusses spirituality.. If you're becoming more part of the greater world and larger lifestyle, then your spirituality is definitely alive. Moore P. An unending process where the self evolves." And he discusses dying as well, since it will there be for all of us, and something that becomes more of a dominant preoccupation as we age. Right here he tells us that "Life isn't about longevity, as much as it is about strength." As he will throughout, he uses us into his personal encounters and associations, in this instance with people about to die. Much like all our experiences, we need to reflect on loss of life, for it is close to us

throughout life--not only the "big" death, but the smaller sized endings that are continually occurring, which result in new beginnings. No matter what your religious beliefs or beliefs, that is an excellent, magical book. The words bring you deep within yourself, and, maybe through a kind of alchemical process, you may find an expanded knowing of what it means to be fully human, completely who are designed to become. And the reserve is for everyone, those who hope for some kind of after-life, and those who are comfortable with an end to everything. We studied Gerontology at the University of Texas reading authors from Atchley to Zelinski however I came across Thomas Moore's latest work "Ageless Soul," both instructional and inspirational. I emerged away with a more confident and self-respecting feeling of my very own ageing. I suggest Vesper Time by Frank Cunningham- it DOES go deep and is normally beautifully written- liked the chapter on gratitude. Furthermore, I consider Thomas Moore an authority on Soul, and take great comfort in his phrases: "You have a soul, the river of vitality that your life flows, a tributary of a very much grander soul of the world." It had been a gift Gift A sad disappointment. Unfortunately: Thomas Moore "phoned this reserve in"—it's lazy writing—Moore never goes REALLY deep. EASILY were putting together a curriculum for Gerontology I'd make Moore's "Ageless Soul" recommended reading, since it addresses the complete lifespan without getting statistical or pedantic.. Eh.. Too much focus on age, as far as I read of it. I respect the writer, but too much personal experience and I've never read the term "archetypal" used so many times.that speaks to my soul. A Wise and Caring Instructor Shares from his Soul on Aging with Grace That is another beautiful, comforting, and inspiring book by Thomas Moore. It is very clear that he has adopted his very own soul, and that he provides allowed existence and his very own aging process to continue to deepen and instruct him. I am so grateful that he offers shared himself so completely with us, his visitors, for so a long time, so that we have been able to benefit from the wisdom of this remarkable person and writer.S. I'm a devoted reader of an excellent variety of books, therefore i don't say that lightly. Moore provides been an unbelievable guide to me since I first read Treatment of the Soul in 1992. I was a 30-something mom with young children at that time, and Care of the Soul resonated deeply within me and touched me to the primary. Although I didn't fully grasp everything in the publication in those days, I understood that caring for and hearing my soul and my very own symptoms, instead of trying to "treat" myself in to the picture of mental and psychological health, was what my very own soul was requesting of me. Moore also contains a few useful lists and guidelines within. Most of all, he asks us to reflect, to simply accept where we've been, where we are now, and where we are going. Moore does it again! His soulful, soothing insights about maturing gracefully and philosophically are manna from heaven." This technique never ends. Five Stars Extremely meaningful.. Moore exhibits how spirituality and the soul aren't just suggestions or trendy principles but a powerful and exhilarating process—an "imaginal truth" that every human possesses. Breathtaking and powerful, this publication about aging, about growing your mind, reaches the heart of lifestyle and living it fully: an exploration of the invisible and the mysterious, growing intellectual and emotional states of mind and perceptions. What's alive here? Love, family members, honor, friendship, career, and rites of passage. Moore advises us to free ourselves of the illusions of religious beliefs, materialism, plus some of the scientific beliefs. Eloquently written and illuminating, each chapter is definitely filled up with wisdom. For Moore, aging is a multi-leveled procedure. "Dying can be a spiritual process" Moore says, "a singular moment" that takes a lifetime to get ready for. I love how he opens all of the doors to deep understandings that come full circle which range from anger and jealousy to melancholy and loneliness, to ageing, to illness, to death and the "Angel of Old Age. James Hillman, C.G. Jung,

the Tao Te Ching, Dark Elk, Buddhism, Joseph Campbell and others are frequent references in the written text. So-So I can sum this up in 2 phrases. Aging is challenging, and guides and wisdom from fellow travelers are much needed. Just appeared to be targeted at “well to do” retirees.



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