

WITH A NEW PREFACE BY THE AUTHORS

From
AGE-ING
to
SAGE-ING

A REVOLUTIONARY
APPROACH TO
GROWING OLDER

Zalman Schachter-Shalomi
and Ronald S. Miller



Zalman Schachter-Shalomi

From Age-Ing to Sage-Ing: A Revolutionary Approach to Growing Older



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Over two decades ago, beloved and respected rabbi Zalman Schachter-Shalomi felt an uneasiness. In this up to date version of his popular reserve, Reb Zalman has added a whole new introductory chapter that delivers insight in to the shifts that have occurred in our culture since the first edition of the book came out in the 1990s. Reb Zalman speaks candidly about the function the 78 million (now aging) Baby Boomers are currently playing in how we consider aging. Through a series of events that included a eyesight quest in a secluded cabin and learning with Sufi masters, Buddhist teachers and Native-American shamans, Reb Zalman discovered a method to turn aging in to the most meaningful and joyous time in his existence. He provides fresh inspiring ideas about the importance of an elder's function in shaping society, and explains how elders can embrace the energy they have to provide worth and wisdom to those around them. He displays readers how exactly to create an maturing process for themselves that is filled with adventure, interest, mystery, and fulfillment, instead of panic. Using scientific research--both neurological and psychological-- Reb Zalman offers methods that will expand horizons beyond the narrow look at of "today's" right into a grand and enduring eternity. By harnessing the power of the spirit, along with explaining specifically how to become a sage in their own community, he gives visitors a helpful and moving method to use their personal experiences to nurture, heal, and perhaps even save a younger generation from the prison of how we typically respect aging. He was growing older, and fears about death and infirmity had been haunting him. So he decided to embark on mission to get to the bottom of his fears. In this inspiring and interesting guide, Reb Zalman shares his wisdom and experience with readers. Additionally he provides added a concluding chapter in which he shares his own encounter with aging and the time he calls "The December Years."



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Joan's reserve was great because though she actually is Christian her publication spoke to ... I am looking for a publication to be used for our women's discussion group which meets monthly inside our 55 and over community. We just finished *The Gift Of Years, Growing Older Gracefully* by Joan Chittister. I am nearly through reading the text. Rabbi gives voice to so much of what I have been thinking over the last few years... Positive results will benefit from reestablishing the value of elders, renewing what indigenous cultures have usually known about the dropped artwork of wisdom keeping. I am still uncertain that this book will become our selection as it delves in to the area of loss of life. Our group isn't led by a specialist so discussing death might be a lot more than we could handle. Many of our neighbors possess died recently. LIFE CHANGING! In fact it has been existence changing. Joan's publication was great because though she is Christian her book spoke to all folks. I am grateful for this book and only wish that his Institute was still practical as I'd gladly happen to be attend one of is own workshops....of giving back and becoming more associated with sharing our prolonged knowledge as sages. It is a must browse for anyone, especially over 50's (actually!) as that's when one can be naturally prepared for a surge in life for changeover, completing unattended visions and accomplishments because your encounters have taken you there. Mostly an excellent book ! It is easy to read therefore encouraging to those who despair . I was thankful for that. Five Stars Bought as something special. As the lifestyle is moving technically quicker than human beings can digest, we normally gravitate to days gone by of least resistance with distractions to push apart our anxieties about not keeping up, causing detachment, melancholy and achieving for pharmaceuticals, botox and all the inappropriate and unnatural panaceas to keep carefully the stress (and natural process of ageing) at bay. Rabbi's insights as a head in spiritual renewal makes this ageing procedure a thrilling prospect as we know we are on a one-way journey, so it must be phenomenal, (how could it not be?) It's a time to grasp this notion and pay attention to how we are feeling (the body understands) focisong on our own wisdom and insight, and learning to trust ourselves. Highly Informative with Uplifting New Perspectives I discovered this delightful reserve at a perfect time in my life journey.!. Awesome and far needed book Awesome and much required book. Provides us seniors with a new concept of growing older and what to do in our next phase of life.. I believe more people should read this publication, as it discusses a more healthy way to see getting older. From *Maturing To Saging* rang accurate to me from the moment I browse the title.Many thanks Rabbi Pay Timely Attention to *The Gift* you will ever have I'd give it more if the superstars were there This book arrived a little ahead of the conscious ageing boom and it is a welcome tome, so comprehensive to where the fact of our western civilisation lies. Yes, because it address the rightful and appropriate place in our culture for the honer position of taking on the lacuna in the current communities - that of a sage. I certainly think this book might touch some raw nerves which all seniors are suffering from over the years but it also offers a way to healing and dealing.. This is actually the profound book about how exactly to help make the last third of one's life vital, vibrant and meaningful. This is the one book that you'll not regret having and reading. This book provides a valuable map to growing wiser and even more alive rather than learning to be a burden as we go in to the last chapters of our lifestyle. This book, when I read it in 1997 transformed my orientation to aging. While the author finally died this year after an extraordinary final rating of years in his life, his function lives on in this seminal treatise. You can easily read and so encouraging to those that despair about getting older. It will change the others of your life. Used this in a UU learning circle. Our Unitarian/Universalist congregation includes a system for early retirees which involved a volunteer instructor/leader and this book. I found it informative and it concentrated me, combined with the discussions our group got around each chapter, on issues I had not completely confronted or valued in some instances. The book also was included with a workbook that I plan to utilize later on this fall when I full another task that I have been working on. Three Stars Good topic, but uninteresting read. Wonderful Book I'm a master's level Gerontologist who counsels depressed and anxious older adults. This reserve is

normally truly profound. I'm using concepts almost daily from the publication to give vision to elders becoming sages. Thank you Zalman Schachter-Shalomi for writing and sharing the eyesight to become a sage. And it's really timely to seriously look at yourself and obtain worked up about choosing to be healthy to support this specific stage of consciously leading a long, meaningful and fulfilling life. I must say i liked the first half to ? of the reserve, but found the last chapters a little too "utopian". I cherished the way Reb Zalman wrote about the need for us to make use of our senior years as a time of development into spiritual maturity. A little bit repetitious sometimes; This reserve will be an important part of my library -- one that I will go back to again and again. This is not an easy one-off read as it is a useful guide to begin with the function of a serious turn around in habits that truly do not serve us as we take up these miles inside our trek into wholeness and wholehearted living. Our group comprises of spiritual women of various faiths. Definitely worthy of the browse for me. A MUST read A must read. Very practical. Presents tools to living a meaningful second half of life. Much needed as helpful information to leaving this world in a better shape than we discovered it. Gave me pleasure and wish and for the 1st time I am unafraid of loss of life and even anticipate my october to december years. Three Stars interesting read An optimistic view of ageing Inspiring information especially for older readers. I especially resonated with his image of "harvesting life". nonetheless it is great to become reminded that seniors are now the majority in the U.S. and could be more involved in affecting change. POWERFUL! A reserve for all ages and genders! With that said I myself have obtained a great deal from this book. This book really spoke to me about what it means to become an 'elder'. I'd highly recommend it to anyone, who is resisting accepting being truly a 'sage'. It also potential clients to experiments in renewing independent transitional means of living by stepping from mass marketplaces where we can and do drop our identity in looking outside ourselves for self worth. I have found myself going back to it on occasion, something I hardly ever do with a book. One Star Boring



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