

"A very important book." —Daniel G. Amen, MD

# THE WONDER OF AGING

A New Approach to  
Embracing Life After Fifty



**MICHAEL GURIAN**

*New York Times bestselling author of *The Wonder of Boys**

Michael Gurian

The Wonder of Aging: A New Approach to Embracing Life After Fifty



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Bestselling author and renowned family counselor Michael Gurian explains how to embrace aging and lifestyle following fifty through this spiritual and extensive lead. This stage of existence lasts from approximately sixty to seventy-five. Stage 3: Age Completion, as something that is positive, showing how miraculous our second half of life can be. THE SWEETNESS of Aging, nevertheless, aims to look at aging in a fresh way— Gurian divides lifestyle after fifty into four stages: Stage 1: The Age of Transformation. This is the stage of life from the late forties to approximately sixty. Stage 2: Age Distinction. This issue of aging after fifty is generally only discussed with regards to health—what are the physical symptoms that come with advanced age group, and what may we do about them? This stage involves completing our life-trip, both together (if we remain coupled) and by itself, if our spouse provides offered or if we are divorced. He created these phases in response to both scientific and anthropological information, and in response to the needs of his clients, who sought assist in understanding where they were and what to expect in the second half of lifestyle. With updated analysis and anecdotes to help you discover a new paradigm for aging, you can understand how aging affects your body, mentally, relationally, and spiritually, and how to celebrate these adjustments holistically and healthfully.



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Important Book for All This is a logical next thing for the prolific Michael Gurian, as he continues his exploration and illumination of gender, life stages, brain science and how individuals transition to another chapter of their life stories. In his most recent offering, Gurian takes on among the taboos of modern American tradition, and he does therefore respectfully, thoughtfully and with evidence-centered conclusions about something most of us--if we are fortunate--will experience. Not everything he says will resonate with every individual reader, but Gurian suggests ways to be, ways to act, ways to connect and ways to deal with the tiny ignominies of maturing and the opportunities they can be turned into with the proper attitude and approach. Gurian shares his own aging process around and calls us to understand the importance of decisions we make about our responses. He relies on his earlier explorations of gender distinctions to greatly help men and females understand why they could react in different ways to becoming old, as he targets the need for beauty and pleasure: a real service to those who have been enculturated to anticipate and knowledge aging as simply an ordeal and a number of losses. Five Stars Very interesting take on aging. This publication won't make the slings and arrows of aging easier to bear, nonetheless it will let readers appreciate the ways in which aging could be a rich and beautiful journey through a quintessential individual drama. Therefore Michael Gurian's book arrived at a perfect time for me, individually and professionally. He asks us to consider new communities that we can form to help make the passage from one stage to another not merely bearable but great. The book contains practical queries to ask ourselves, useful stage-delineation to aid us in understanding what's occurring to us, and supportive tips on how to prepare and to feel the three stages Gurian explores: transformation, distinction and completion. He will not shrink from addressing all aspects of maturing: from physical loss to intimacy, and from isolation to worries of death. I've ordered the hardbound publication to use in my own workshops and trainings and working with clients. The focus in this reserve js on the positive, joyful, life-bringing encounters we can focus on and embrace instead of on fretting about how our bodies are failing us. That is an easy read that challenges us, however, to examine our assumptions, and encourages us to welcome what we can not avoid. Though I strongly agree with choice I think it should be obtainable in an egalitarian fashion. Everyone MUST have this book on their Bookshelf and go through it ! Excellent Book! This book sat on my Kindle for 24 months before I read it. Bridging the Fear of Aging Gap Among the values of "THE SWEETNESS of Aging" is that it speaks right to the psycho/emotional gap generally in most People in america between fearing and accepting ageing. But I prefer reading fiction so I put it off thinking it might be dried out and boring. Well, it isn't dry and boring. It is therefore interesting and helpful that after reading a few chapters, I in fact bought the hardback version--used, excellent condition--so that I could earmark and highlight it and paraphrase details for the senior community we are creating right here. I thought I knew almost anything about aging but surprise!. I love the levels of aging after 50, My life up to now 72 matches the descriptions of the first two phases and I've a third to anticipate!. This is a must-read book! This book is a MUST read for everyone who's 45 & I simply turned fifty-five and are more aware than ever about my life-clock ticking.. I didn't. New Angles on an Old Topic--Aging A surprisingly candid book which explores an ancient subject from fresh angles. Where to from here? In this book elders should take on a job that may be new for them but which has always been part of human tradition and that must exist if we are to changeover appropriately. I worth Michael's style - he blends scientific, spiritual and emotional knowledge from today with age-old wisdom in The Wonder of Aging. It's practical, insightful, whimsical. Understand this book and examine it. Some people are acting old at 40.and an excellent read.Professionally, mainly because a Controller of a complex business, I start to see the issues and questions of aging each day. The workforce can be changing, and the idea of being a trusted, visible elder is changing too. In The

Wonder of Aging, Gurian helps us look at many of these problems with a fresh lens, and gives someone like me practical tips that are useful not only in the home and in existence but also among managers and supervisors at the job. The multi-generational workplace needs this kind of insight if we are all to thrive, especially today with baby-boomers operating into their late sixties and early seventies. From infancy on, we are bombarded with life-extension while this study targets life-enrichment. The inclusion of "Eva's Song" and "Kathy's Song" provides a reward of lyrical empathy with all anyone who has gone before us and who've lit the best way to the kind of aging experience that we may all want. We am in my mid-fifties and can definitely feel the effects of aging. over ! Be ready for embracing life... Thank you, Michael Gurian!and others are 80 but still going strong.. Be equipped for life, see where you easily fit into and why and you skill about aging conveniently and being ready for the last one fourth you will ever have and enjoying it! SUPER EASY READING He encourages us to identify and to prevent the true killers: stress, mess and guilt, and to make the most of our relationships with our kids, our grandchildren and our age peers. Well crafted and easy to understand and relate to! It really is a MUST Read and an absolute must have book! Fascinating watch of the entire 'aging' process Even more interesting, and spiritual, than I anticipated. You will clearly see friends and family and yourself in growing older. Different issues for different "stages"- very engaging and useful reserve. It was highly recommended by a relative who also remaining a glowing review.If you would like insights in to the aging process, either for yourself, your parents, or your grandparents, this is the book to buy. As is true of all Michael Gurian's work, each chapter combines tips with actual circumstances. If an 80yr old can choose loss of life then so should a 17yr old.Jay Gurian, author of "The Dependency Tendency: Returning to ONE ANOTHER in Modern America.THE SWEETNESS of Aging: A New Approach to Embracing Lifestyle After Fifty"THE SWEETNESS of Aging: A FRESH Approach to Embracing Life After Fifty The tales got boring after some time Just a collection of anecdotes about clients, no real original insights into aging. The tales got boring after some time, I ended up flipping through the tales and found that there wasn't much substance outside of it. Three Stars Gave it as something special. I've no idea. Uncertain I appreciated it until the last chapter. We can turn the inevitable into possibility to live an enriched, empowered and gorgeous last stage of our lives. The effect is a completely readable guide to a part of the life cycle that American tradition has had a hard time considering deeply about.there is so enough time left. He provides details that empowers and encourages acquiring control of our lives even as our anatomies make it inevitable that people must let go. Five Stars EXCELLENT Reserve - RECOMMEND TO ANYONE FIGHTING AGING. I purchased the e-publication for my Ipad to read and was impressed by how good it is for everybody to have.



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