

*"A unique and valuable resource for those seeking purpose, service,  
and continual growth in the later chapters of their lives."*

*— Rabbi Zalman Schacter-Shalomi,  
creator of the Spring to Spring*

# CONSCIOUS LIVING



# CONSCIOUS AGING

*embrace & savor your next chapter*

RON PEVNY

*Ron Pevny*

## **Conscious Living, Conscious Aging: Embrace & Savor Your Next Chapter**



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age consciously. Here's an empowering instruction with practical equipment to help you live a passionate, fulfilling second half of existence. If you're conscious aging" And which means retirement is beginning to look a lot different. No much longer content with a quiet life of seated on the porch or puttering throughout the house, retirees (or shortly to be) are looking to create a passionate, active, fulfilled, and engaging later life. Today' This is a whole fresh opportunity to engage with family members, community, and the world with vigor. His inspiring guidebook helps you do what he calls "re area of the Baby Boomer generation, you then belong to 26 percent of the united states population that is retiring healthier than any generation before.— In addition to wisdom for navigating reduction and grief, Pevny offers advice that helps you recognize your goals, contribute to culture, remain involved and relevant, and spend your old age in profound personal development. ve usually imagined for yourself. or building a reality the life of growth, purpose, services, and spiritual exploration you' That's seniors are reshaping what pension is about. s where Ron Pevny comes in. Don't just grow older—We financially plan for our retirement, but do we arrange for our wellbeing?



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Well crafted, timely and incisive. Ron Pevny's book offers helpful details and useful tips those retiring and facing decisions about the next stage of life. Ron thoughtfully explores such topics as lifestyle review, forgiveness, grief, building a legacy, among others. Growing older is not scary. He also offers a chapter on procedures which will help the reader delve into the topics for development that he suggests. The tales which are included are by individuals who have attended the Conscious Eldering retreats that he network marketing leads around the united states. The tales are testimonies of the life changing function that attendees experience as they go through the rituals necessary to transitioning into the following phase of existence. Ron humbly share stories of his own physical and spiritual crises that resulted in his development and the composing of this book. I came across it believed provoking and in addition challenging as I transgress into elder hood. The Neutral Area is, I believe, where so many of us discover ourselves...waiting for a sign for what to do next after retirement. AND he gives lots of suggestions and advice for how to consider what's next Ron Pevny identifies "the Neutral Zone" as that time between "severing" with one's previous existence and "reincorporating" right into a world where aging has meaning and purpose. Helpful and challenging It made for good discussions at my reserve group, and had some good ideas for positive maturity. The publication is personable, readable, interesting and, best of all, promising. Completing life isn't a failure, it is the crowning. It had been recommended by a Catholic nun friend. Our youth oriented society truly requirements this reserve. When you engage the reserve on this level, you reap a treasure trove of gifts. This reserve should be required ... Prophetic wisdom!! Five Stars Excellent book with true to life information Balanced approach to an overlooked issue.. The author's writing is usually a culmination of sages across all time lines and cultures. The book is definitely most beneficial when it's found in a circle -- basically, when you put what into action -- for the reasons of personal reflection, support, and affirmation.! Awakening you life Ron creates an extremely specific world in being conscious as we grow older with the fulfillment of being vital and creating our lives vs letting them pass by looking forward to illness, loneliness and being dead to ourselves. That is an inspiring book for anybody wanting to take on living to the fullest.He implores the reader to consciously appearance deeply into the call of Spirit inviting us to grow in wisdom and grace...! Those of us who already are elders and the ones approaching elder hood need the encouragement and obvious message of what could be accomplished, no matter your "old" age group. It is all about Choice, folks. This composing defines it beautifully. It pays to get old in a mindful manner My grandson gave this to me with "I believe you will enjoy this...I just read it for my psych class". Sure enough, it was another one of his presents if you ask me. I regifted it to a pal the same basic age, who is also enjoying it. I strongly suggest this book to learn how exactly to be true to . This book ought to be needed reading for all who change 50!. Full of good ideas and relevant stories It was recommended by a Catholic nun friend I bought this reserve for my hubby. He takes us step-by-step with encouragement to accomplish the required inner, spiritual work of life review and coming to terms with whom we are. He weaves into this process his exclusive insights and experience in nature in order that we might live our lives as vibrant "Mindful Elders" with a deep feeling of purpose. I strongly recommend this book to learn how to be true to ourselves in the 3rd chapter of life!!HELPFUL INFORMATION for all those Facing Retirement and another Stage of Life. Ron Pevny has written an exceptional book to steer us on the trip into our old age. Prophetic wisdom! He liked it ok. Pevny provides this period its own sort of positive meaning, AND he provides plenty of suggestions and good advice for how to consider what's following. "Elder" was too male of a term, with many in-firming characteristics for many of us. I am sure that his retreats function for many individuals and there were inspiring regions of the book for everyone.



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