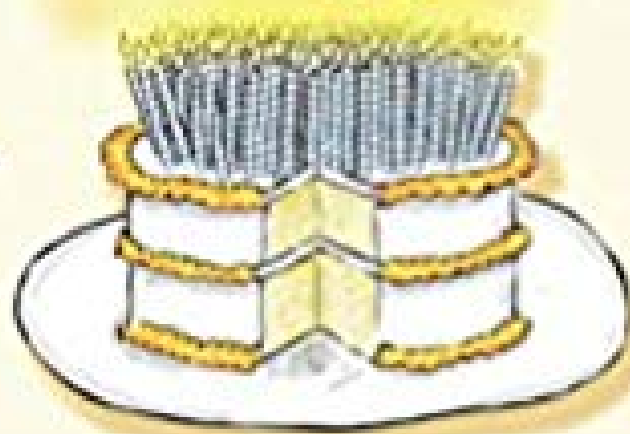


"Susan Moon's stories are wonderful companions and guides as I go about my ordinary life."
—Maxine Hong Kingston

this is getting old



Zen Thoughts on Aging
with Humor and Dignity



Susan Moon

Susan Moon

This Is Getting Old: Zen Thoughts on Aging with Humor and Dignity



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observations on getting herself both an orphan and a matriarch following the death of her mother; here are an essay on the gratitude she feels for her weakening bones; Among the items she's included In this intimate and funny assortment of essays on the sometimes confusing, sometimes poignant, sometimes hilarious condition of being a woman over sixty, Susan Moon maintains her love of life and she maintains her reader fully involved. musings on her behalf tendency to regret days gone by; thoughts on how never to hesitate of loneliness; appreciation for the internal tomboy; and celebratory suggestions on how best to regard "senior occasions" as opportunities to be in the here and today.



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This text is organized into three parts. As soon as I began reading this book I could not put it straight down until I finished it. Some real gems. Fantastic easy read with some actual gems of instruction. This 176 page volume is an easy examine and has numerous short essays which in some way relate to the problems, joys, and tears of growing old. A wonderful and inspirational book if you are worried about entering the so called "golden years. Component one (Cracks in your brain and body) offers seven essays covering the experiences of the author when she noticed she was ageing. Moon says Japan contact impermanence and imperfection "Wabi-Sabi," where stuff are put on and frayed and chipped through make use of.. Truncate (Author: Haiku Moments: How exactly to read, write and enjoy haiku). Like the author, I likewise have been into Zen and meditation for a long time." Someone once said that "growing old is not fun but it is preferable to the alternative. Even though I think the writer might have been aiming this book at women; even so, I could relate way too many of the same experiences in my own life. Moon's objective explanation of the facts of her mother's death reveal the wonder, mystery, and utter sorrow of the knowledge. She is a nature lover so the reserve consists of many descriptions of outdoor scenes--I'm even more of an indoor woman and my eye begin to glaze over when there are too many paragraphs more desirable for tree-huggers." I did so not understand or appreciate that declaration until I grew old. Her voice is definitely intimate, funny, and wonderfully specific. Rating: 5 Stars. Joseph J. It provides eight essays which offer tips and observations on ageing with pleasure and dignity. Growing into your brand-new (old) body and surprising yourself with how wealthy the end of your physical existence can be I LOVE this reserve. She loved it as well. From the quirky title to the bits of assistance for those folks nearing the sixties (get your teeth cleaning done every six months, don't push yourself to climb the mountain you can scamper up in your 20's, usually do not despair if you never have sex once again with a man, fill your life with family and community - the author can be an advanced Zen practitioner - and laugh at yourself occasionally). I am offering too much. If you are approaching the Hill, get your guidebook here. She was devastated by way of a picture of an infant war victim. When her grandchild was created, she started to feel love for all the children born across the world. she writes about her very own battling with respect for herself. A Thoughtful, Meditative Appear at Aging I enjoyed this book although I'll admit I'd wished for more dialogue of the negative and positive areas of being single again in one's sixties. I did enjoy what she got to state about her concern with never having sex once again although she admits to a waning libido. I wished that she'd have been a bit more open--there is no mention of solitary pleasures. I was proud of Dr. After her grandchild's birth, she produced a donation to a Middle Eastern company to benefit children.. There have been chapters in this book which interested me significantly and others that I'll admit bored me a little. I enjoyed hearing about the birth of her grandchild, empathized with her when she talked about the loss of life of her mom, was interested to listen to about her clinical despair, less interested in her tomboy childhood, and fairly interested in her camping trip with her sons. When I was a little boy my father (Who is deceased and passed away when he was 94 years old) used to say "Too bad youth is usually wasted on the young. I was fairly interested in her medical problems--particularly knees and eye. But I pointed out that no fine detail was left to the imagination. Some of her medical tales would move muster with the most scientific, comprehensive medical journals. I learned perhaps more than I required to know about bones and retinas. I think I would want to have sacrificed a few of the scenery descriptions and some of the medical terminology for more personal stories. We have to care about ourselves if you want to survive nowadays. I was amazed that her mom, like my mother, was enthusiastic

about her daughter's locks. I don't know easily have got ever visited my mom without having to discuss the state of my locks. At least one reviewer described the author as "self-absorbed." I disagree. There is absolutely no sugarcoating the discomfort and dark moments; And it all takes place in Berkeley, which means you know it will likely be both meaningful and just a little crazy. Joyce Brothers for her frank debate of women's needs in her publication entitled *Widowed*. She was an activist in the sixties. She had a storage of nursing her newborn as she listened to the news headlines of Martin Luther King's assassination. My 65th birthday is definitely in only a few short weeks. Sure she cares about herself and whether she actually is becoming "invisible" given that she has gray hair and is concerned about her issues with depressive disorder, sleeping, and loneliness. This reserve is certainly tender, compassionate, and at the same time quite funny, as it tells the story of a woman getting into her last third of her life. I loved a few of her tales about her and her mom. I found myself feeling amazed by all of the similarities inside our thinking--caring about our moms' obsession with this hair, wondering how long we need to live (and also doing the math!), considering whether we'll have sex again, wondering if it really matters, questioning if our senior moments are worth concern (I thank her for sparing me a trip to the doctor), and examining all of the useless and useful items we manage to gather. As a Christian, Personally I think at peace more often than not, but I really do have anxious occasions, just like Susan Moon, and I was happy to read about the methods she manages to comfort herself with a combination of Zen philosophy and Moon thinking. I study the trunk of my hand with interest: the blossoming brown areas. Aging with dignity The title isn't an expression of exasperation. This is a declaration of "This is how it is," and the subtitle is usually asking, "How can I function with it? The final part (In the realm of the spirit) handles the acceptance of ageing. Part two (Changing human relationships) has eight essays on different insights into how age affects different aspects of your life. She says, "I'm turning wabi-sabi. This is one book I will save, rather than donate, as it's well worth reading again...I'm my own research study." Her analysis includes diminishing capacities, medical issues, and loneliness. She also contemplates "lasts.. Charming, tender, and incredibly real. Among her themes relates to her mother's hospitalization and death. Over weeks the family had to help make the unpleasant and ambiguous choice about how exactly much intervention to apply and to deal with doctors and nurses who held hoping one more procedure would turn items around. The total amount issues, the storage lapses, and the loss of physical skills are all things which are often section of aging. As we women age, having a sense of humor helps a lot, and the author's warm composing style and insights produced this read quite a satisfying one." Since We am today considered chronologically older when I saw this book (That is getting older: Zen applying for grants aging with humor and dignity by Susan Moon) in Amazon for a bargain price I immediately purchased it. She also describes having to quit hiking, a long-time much loved activity.. I highly recommend this to others just moving into their 'Medicare' years. This is a female who cares about the world. I just received my 'acceptance' letter for Medicare. Is certainly Zen thinking not appropriate for such frank discussions?. She's been concerned about her memory, her knees, and her eye. Everyday life continues, but from a different perspective now. I laughed, and I cried as I read this.." One chapter is definitely Will I Never Have Sex Again? Four Stars Ordered it after hearing the author on the radio. Open-Hearted, Smart and Deeply Nourishing No one writes that can compare with Susan Moon. I highly recommend this book to anyone who has reached at least 60 years. She has mastered the paradox of effortless effort. She guides us through layers of time and experience with candor and humility. Like her Zen ancestor Dogen, she always

manages to "step backwards" in order to widen her embrace of the precious human life most of us talk about. I'm grateful beyond measure on her behalf warmth, her intelligence and her compassion. Great gift for anybody 50 and up Great gift for anyone 50 and up. I purchased several copies and you will be providing them to all of my girlfriends. Simply finished this wonderful publication. Susan Moon includes a great way of . Wonderful book!. Simply finished this wonderful reserve. Susan Moon has a great way of placing the experiences of getting older into funny and touching stories that we can all relate to. The beauty of the book is usually that it highlights the many points we gain with age, rather than focusing only on what we shed. Reminds me of the series from Dream On- 'you got to eliminate to know how exactly to earn.' Would read it once again and have suggested it to family members, friends, and just last week, a complete stranger. Four Stars Very good and a quick read light Terrific! This is such an excellent book that my cheap self actually bought another copy to send to a friend. My sister delivered it if you ask me and I've given many copies to others. Moon's Zen strategy of staring life and its suffering in the facial skin, seeing what it is really like without glossing over it with platitudes, is something special to our culture, which targets youth and denies that impermanence is everyone's encounter and can be confronted with dignity.



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