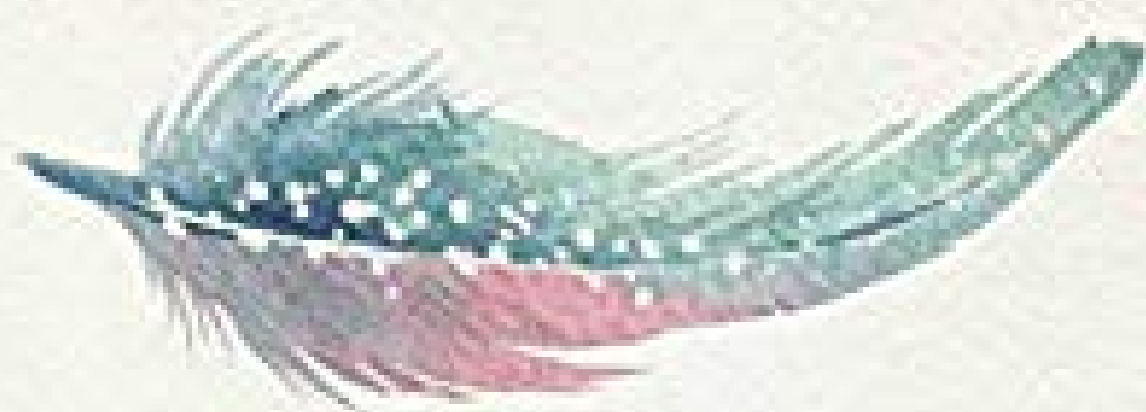


AGING *for* *Beginners*



EZRA BAYDA

with Elizabeth Hamilton

Ezra Bayda

Aging for Beginners



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This book teaches us how to take benefit of a fresh phase of lifestyle: a phase of renewal and inner exploration. We all grow old. uncover the fears that amplify struggling • Aging is seen as a fresh phase of our lifestyle: a phase of renewal. And tap into the true re all beginners with regards to aging. Nowhere can be this even more evident than in our chance to devote more time to reflection and inner exploration. The result, irrespective of whatever physical restrictions we may be experiencing, is the chance for cultivating and living progressively from kindness and gratitude—two of the fundamental qualities of a life of satisfaction and equanimity. With methods that are both simple and richly unfolded, this reserve will help visitors: • learn the subtle art to be with discomfort • We' although the fact that we are in new territory can certainly contribute to the down sides in dealing with getting older, it can also have a very positive side. resources of meaningfulness and joy



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” Bayda’s reserve has brought me back again to my accurate aspiration: to work with what blocks love and connectedness. No matter what age, this book will help you reassess what matters and stay present with whatever life brings. Seniors will find ease and comfort in having a companion guidebook for this chapter of life but all age ranges could benefit from the teachings. “One of the best gifts of aging is acquiring the wisdom to live ...from kindness and love. We are all Beginners at Aging This is actually the first book I’ve read that really speaks clearly about both difficulties and the benefits of aging.”” That is a reserve of obvious, powerful, life-affirming guidelines to help the reader encounter fulfillment and equanimity. Bayda's style is simple, very relatable and from the center. We are all aging since we are born, and this reserve is a reminder to stay present with everything This book is filled with insights and actionable practices. I find especially invaluable his meditations on cultivating kindness and gratitude. It's never prematurely . to pick this publication and read it. Ezra assists us to lean into our fear and pain as we face the truth of impermanence and in so doing he helps us available to the joys of connecting in this fleeting connection with life. One of the best lines: "There exists a definitive and visceral flavor of meaning that includes getting present and engaged with whatever our life is at any given minute. His expert voice, grounded in his very own experiences of ageing, reminds me that stating yes to our problems and losses is section of “acknowledging the whole of what our life is and being ready to really live it, just since it is.



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