



Winter's Graces

The Surprising
Gifts of
Later Life

Susan Avery Stewart, PhD

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Winter's Graces: The Surprising Gifts of Later Life



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Drawing on decades of experience as a psychology professor and psychotherapist, Susan Stewart, PhD, weaves together inspiring folk tales that illustrate the graces of wintertime and recent study that validates them, along with a wealth of user-friendly equipment and procedures for amplifying these graces and getting them alive. Written primarily for women over 50 seeking very good news about growing older, Wintertime's Graces provides adults of most ages a compelling vision of aging that celebrates its many gifts, acknowledges its problems, and reveals how the last time of year of life could possibly be the most fulfilling of all. Still, the mistaken idea that maturing equals devastating decline persists, causing tremendous and unnecessary suffering, especially for women. Filled with unexpected good news about growing older, Winter's Graces highlights eleven qualities that ripen with age group?including audacious authenticity, creative ingenuity, required fierceness, self-transcending generosity, and a growing capacity to savor life also to ride its good and the bad with humor and grace. Decades of research have established that the catastrophic conditions often associated with late lifestyle, such as for example severe dementia and debilitating frailty, will be the exception, not the rule.



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Wonderful Fantastic book and great perspective on aging



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