## The WILDS of AGING

A Journey of Heart and Mind

## RICK LAMPLUGH

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## The Wilds of Aging: A Journey of Heart and Mind



The Wilds of Aging, is a prequel to In the Temple of Wolves and Deep into Yellowstone and goes on an illuminating journey into the wilds of aging, a passage we all face if we'an excellent and moving browse.My journey into the wilds of aging started unexpectedly in the summertime of my 60th year. the Oregon and Washington Cascades;" and more, this new book has been defined by reviewers as "piercing and poetic"s end, We feared We was finished with the adventuring that thrilled me.re lucky. the Beartooth and the Bitterroot Mountains; With intimate occasions from my revealing inner adventure of heart and mind in conjunction with stories from external adventures in Yellowstone, Glacier, and Grand Tetons national parks; While on a long solo bike tour and later while backpacking with Mary, I reached an unfamiliar and disturbing physical limit. Both period hitting that wall shattered the Peter Pan-like illusion I experienced hidden behind during the previous decade as three friends died. Each loss of life had forced me to consider my mortality--but I experienced quickly retreated into denial. By that summertime' and "I decided to dedicate a 12 months to an internal experience, exploring ageing, my fears and mortality, and choosing what I believe about afterlife. That exploration blossomed into The Wilds of Aging.



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. I possibly could not put the publication down! The Wilds of Aging . Beautifully written. Great read! And that year actually is anything but boring. For anyone who has had the loss of someone you care about or thinks of what happens after death..! Rick Lamplugh's 'The Wilds of Aging: A Journey of the Center and Mind' is a thoughtful and thought-provoking look at lifestyle, getting older, and facing mortality. Best read of 2018! Rick tears into lifestyle, death, and the likelihood/probability of something beyond. With his usual flair for turning a sentence, he explores a 12 months of gardening - which appears boring after reading his additional books.. This process of aging, and viewing others age, and assisting others through the ultimate stages of life.. Thank you Rick! Another great book! Producing peace with family members dysfunction and taking a dynamic component in aging.. This book is for you!and friendships that affect us for our entire lives are often the outcome. Memories, discussions, questions, hesitations, fears... it's all here. Can't recommend that one highly enough! Thought provoking and insightful. In this third book of Rick's, he bares his soul as he approaches the "home stretch" of life and faces the thoughts which are often buried for most of us. Mortality. Experiencing the losses of much loved family members, close friends, physical decline, and afterlife. It really is neither morbid nor morose, but food for thought for all those. At the same time, there is some kind of magic in helping.) about meeting my own "bear," nonetheless it reinforced my belief that we owe it to ourselves to enjoy life's adventures on the way and make the most of each day. His writing design is very readable... He makes you rethink about your personal mortality and the best way to live life to the fullest.almost conversational, as though he were sitting throughout from you, chatting. Great for inner work on aging An excellent book on arriving at grips with aging in a personally honest way. Rick uses his lifestyle experiences with family members and character to embrace his maturing.. Rick is great at articulating his perspectives within an understandable way. As a middle aged person, there are several aspects I relate to. Large font for those of us that are aging and need a little bigger font for our aged eyes!..Travel Information for the Aging Adventurer Another great read from Rick and a very fitting title. Finding myself in an identical scenario as Rick describes in this publication, I found this book useful and insightful as I look to accept changes and unknowns that I am facing and will be facing in the near future. If you haven't already read Lamplugh's best-offering 'In the Temple of Wolves' and his award-winning 'Deep Into Yellowstone' you borrowed from it to you to ultimately do so. Sharing Rick's love for experience and of nature and Yellowstone generally, made this book actually hit home and be some what of a "travel or adventure information", as I face the future and my own mortality. Thanks, Rick ! Loved the book! Go through IT Today!Reading 'The Wilds of Aging' caused me think (worry? He draws parallels from encounters while trekking and biking through the wilds. Having faced "my bear" and striking numerous walls in past six months, I couldn't have found this publication at a better period.it's amazing, and frightening, and depressing. The very BEST of Rick Lamplugh! Much like Rick's other books his style of writing can transport you to wherever he is authoring. A couple places--I've also been to! I could totally understand his relationship with his dad as my mother and I are virtually in parallel. His thoughts and sadness over the passing of friends and family made me consider my own life sections of grief. This is usually an extremely thought provoking book as I examine my own life..!! Compelling and honest Rick's honesty dealing with issues we all face at once or another in our lives makes this reserve so compelling and readable. As with his additional two books, the examine is easy and you need to know more about his quest on dealing with aging and afterlife.. Enjoyed every page of the book! Can't wait for your next book 'The Wilds of Aging: A Journey of the Cardiovascular and Mind' is the perfect title! A warm, insightful, and inspiring read for those experiencing the inevitable problems of aging.



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