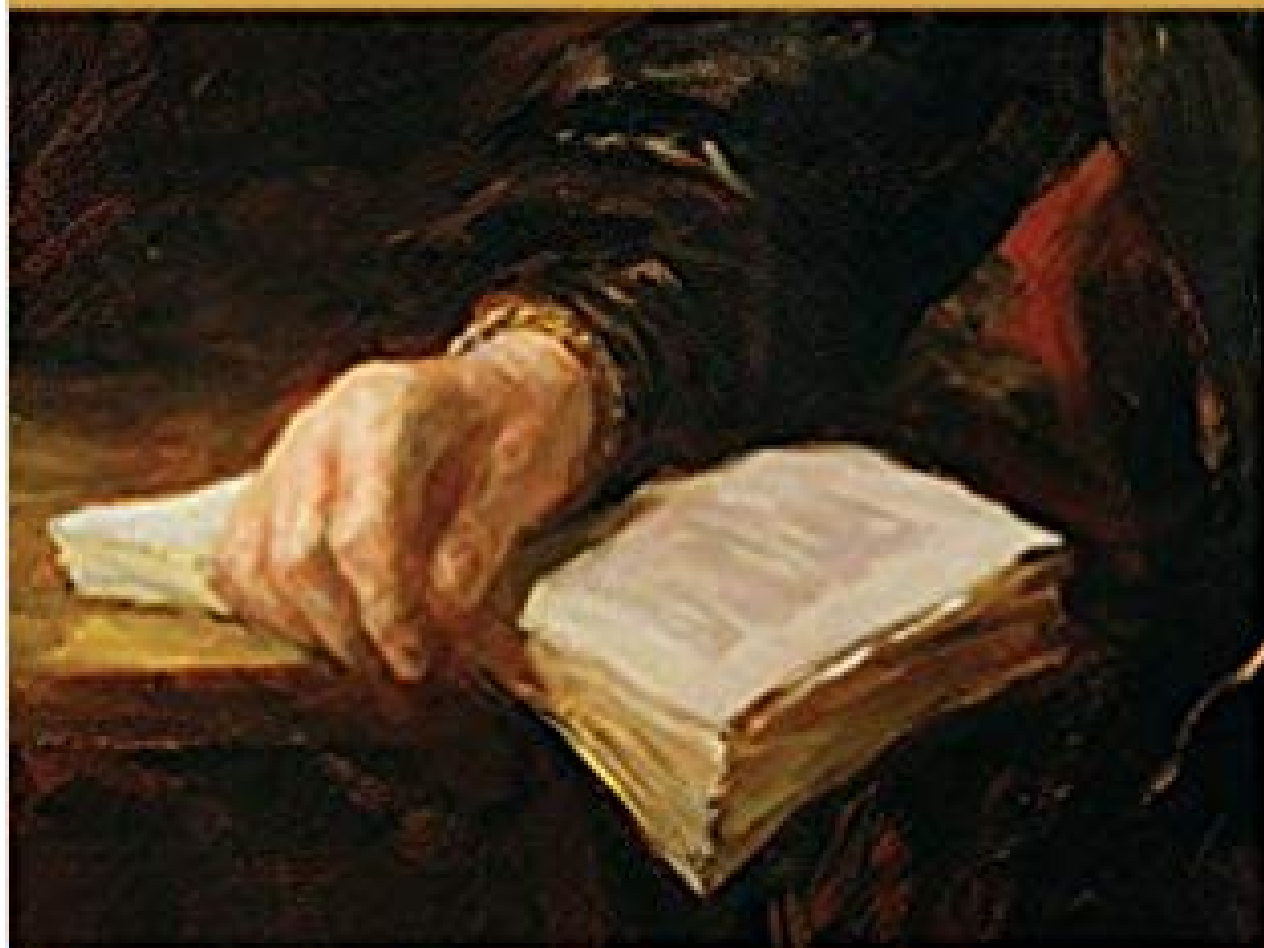


JOAN CHITTISTER

"A questioner...and a teller of the truths she has heard and seen."-USA TODAY



THE GIFT OF YEARS

~ Growing Older Gracefully ~

Joan Chittister

The Gift of Years: Growing Older Gracefully



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Not merely accepting but celebrating getting old, this inspirational and illuminating work talks about the many facets of growing older, from purposes and issues to struggles and surprises.



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Best Book I've Read on Aging Gracefully In my own mid-forties, I'm focused on aging well. Keep writing, Joan. For me, a big part of that shift is making certain my mind-space is definitely in a good place, and that generally translates (again, for me) into not attempting to chase the elixir of youth, but rather, for celebrating the present of years, and to be my best self as of this given second in my own life history, wherever that may be. This reserve? Only the old can make age a shiny and vibrant place to be. I've browse a number of books on aging right now, which has been probably the most beautifully insightful, actually, I had originally borrowed it from the library, but finished up purchasing it as I quite definitely wish to underline and make margin notes, as I'm sure I'll refer to it over and over. I recommend this lovely, poignant function, that also happens to be wonderfully written. Limited Usefulness (2.5*s)

Growing old, that's age seventy and above, for the huge of majority of us is hard. This book really does not delve into many obvious problems of growing old. Instead, it emphasizes the power of positive considering when adverse perceptions intrude on one's outlook. The reserve is written for top middle class individuals who are less inclined to have actual complications. More often she finds solutions to the difficulties of aging in a feel-good-about-yourself-and-do-something modality. A feel great book is not going to be particularly helpful in the face of these situations. A gpod, throughout book for those searching for a spiritual, thoughtful old age. Life changing We consider myself a spiritual person but not religious. When this book was recommended if you ask me I was skeptical. Ms Chittister's terms reach deep and prompted me on many occasions to alternately cry or nod repeatedly. The wisdom with which she builds her case is certainly both down-to-earth and available toelders of most backgrounds - and professionally researched, giving tooth and credibility. Nevertheless, after many life adjustments associated with some depression I decided to test it out for. I could honestly say that book has transformed my outlook and I recommend it to anyone, but especially those folks over 60 years old.

Perfect way to look at the life you're blessed with Love everything concerning this book! Joan Chittester writes thus clearly there leaves no doubt this is not theory on her part. She has livedsome of it already, knows elders who've informed their tale or whom she's observed, and provides researchedthe topic thoroughly. I am so content that I did. The way the bookis divided into short chapters on given topics, allows the reader to defend myself against the topic in small parts, theway you'll eat a course of a meal and allow time and energy to digest it before going on. Through the lenses of thedifferent topics, the primary points are been shown to be relevant in any manner you appearance at them. This reserve is certainly a "mustread" for all people advancing in years or who've family members who are. Seidler, S. The very best component is that she's writing forherself too, and her work couldn't be more credible. Don't wait. It could help them better understand some of the feelings of the occupants. "The Gift of Years"would be the best gift you could provide yourself if your desire is to live a vibrant, meaningful last chapter oflife. Older folk aren't considered a good market for product sales and so are not considered in material .. not by suggesting ways to become more like younger people Rarely includes a book touched my entire life in that positive way. She uses a number of examples, many from her own experience. Older folk aren't considered an excellent market for sales and are not really considered in material products being offered to the general public The author also shares her own thoughts of growing older. Turning 70 was the starting place when she started to see adjustments in her energy and interests. This book may be even more useful for those who are approaching the golden years in good health rather than anyone who has already reached them. Growing old is a reasonably recent phenomenon, and most societies fall well short in addressing the needs of previous people.A. M. It should be required reading foranyone getting into the "young older" (65-74) years as Joan describes them.F. Ca. If you live long enough they are the feelings you should have. I am seventy and almost everything that author says makes perfect sense to me. So much insight into what I am feeling. There is no reference to inadequate finances, health conditions, lack of usage of health care, and the lack of supportive social networks. Good gify Lovely I volunteer at

an assisted living home and I am going to provide a copy to the staff to learn. Order this book today.

Wonderful Insight Among the best book I've ever read! A self-help information for the aging Maturing - its burdens and blessings - is the focus of the book. The author suggests that the elderly stop moping and find a committee to business lead or book to create. The Gift of Years: GETTING OLDER Gracefully by Joan Chitister is a hopeful commentary on the thoughts of well-known people and a few saints who ponder what it means to grow old within an environment like the USA where youth is most valued and catered to in the creation and sales of varied items. As an associate of a spiritual community, she infrequently speaks of spirituality as a guide to aging. One will find scarcely mentioned, if at all, the very real problems of inadequate budget, health conditions, lack of usage of health care, and the lack of supportive social networks. What An Absolute Blessings! For the relatively healthy and active, there's abundant advice for locating methods to assist others, but for the bed-ridden and infirm no words of comfort or wish. The importance of meditation is expressed.. This book is definitely useless to all or any of them, so far as I can tell. She helps it be refreshingly clear that we need not reverse the hands of period in order to like a rich and satisfying lifestyle at any age In addition, she points out the important placement elders play inside our, all too often, youth oriented society. In one profound statement, the author sums up the essence of this book. "Age", she says, "is not a thing to end up being pitied, to apologize for, to dread, to resist, to see mainly because a sign of doom. Is certainly such a gift due to that." I highly recommend this reserve to anyone over 65! Growing Old Superb book. Joan Chittister puts into ordinary language what we senior citizens think. Thoughtful, reassuring, and filled with wisdom yet not preachy. I've seen how so many inside our culture age, and I'm committed to do better, not only physically, but emotionally, aswell. Beautiful Worth reading at any age. Very well written and I want she would write a follow-up given that she turned 80. Highly recommend Left me filled with peace and hope Good read The book was thought-provoking Personally i think sorry for old people that turn to this book for help As an 81 calendar year old codger who loves good health, a comfortable nest egg, lots of friends and cultural activities in another of the greatest metropolitan areas on the planet, and wonderful health care -- the energy of positive thinking is modestly helpful. And maybe the book is created for the lucky older folks like myself. But I volunteer with several organizations that help the elderly, who are nearly always in illness and strapped for the money, sometimes getting food from local food banking institutions that they feed their pet cat or dog, often their just companion. Joan Chittister's wise, encouraging insights possess the power to carefully turn around one's adverse ideas about later life. Growing old, that is age group seventy and beyond, for the vast of most us is hard. This book really does not delve into many obvious complications of growing old. Rather, it emphasizes the power of positive thinking when detrimental perceptions intrude on one's outlook. The publication is written for upper middle class individuals who are less inclined to have actual complications. For the very first time I truly feel regular and validated. This should be required reading for anybody approaching the golden years of life! Small is found for individuals who face their last years with physical or psychological limitations. I think this is most likely the best book I've ever continue reading aging. Come to take into account it - I think this is among the best books I have ever read. It really is so fully of amazing wisdom exquisitely provided by a amazing and contemplative brain and heart. You can be utterly blessed as you go through it. I would recommend this book not merely to those in their seventies and eighties but to their children and grandchildren so they could understand their parents emotions better.



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