

Johann Christoph Arnold

Foreword by Cardinal Seán O'Malley

Rich *in* Years

*Finding
Peace and
Purpose
in a
Long Life*



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Rich in Years: Finding Peace and Purpose in a Long Life



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Johann Christoph Arnold, admired by such prominent spiritual and inspirational leaders as Nelson Mandela, Mother Teresa, Cardinal Dolan, Pete Seeger, and much more, presents answers to the question: Why shouldn't growing older end up being rewarding? Through faith and a genuine spirituality, he says, we can discover acceptance and serenity. In this reserve, he shares stories of people who, in growing older, have found both peace and purpose. With a foreword by Cardinal Sean O'Malley, *Abundant with Years* covers the significant topics facing the aging, older people, and their family and caregivers: accepting changes, combatting loneliness, and continuing on with purpose and hope. Going beyond mere motivation, Arnold will not shy from such hard topics as coping with dementia, the prospect of dying, and enduring with dignity. Arnold, whose books have got helped more than a million readers through life's challenges, shows us the spiritual riches that age group provides. Pastor Arnold's book difficulties those abundant with years to also remain rich in faith. Now in his seventies, Arnold finds himself individually facing the difficulties of ageing with grace. Praising Rich in Years, Cardinal Dolan, Archbishop of New York, writes, In simple language, Arnold gives hope-filled insights into the trials of maturing for people of all age range. Johann Christoph Arnold understands, from decades of pastoral encounter, what older people and their caregivers may do to make the most of the journey of aging.



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Terrific Perspectives on Aging Written by one who has been presently there, this book provides very different perspectives upon aging that are encouraging. Read this for inspiration and to warm your heart A great read for also people before they reach 50 because most of us can benefit in excited and to taking into consideration the quality of our lives in later years and also our elders inside our lives. This definitely makes us take into account the wealthy meaning of lifestyle we can possess and what we can do for others and acknowledge our elders who indicate so very much to us. Looking through their eyes and hearts, we can commence to celebrate our trip towards our later years. Several stories on how different people handled things like depression, loss A book covering the challenges many people face after pension and coping with loss. A number of stories on how different people handled things like depression, loss, grief and living with health problems. While reading, I was shifted to tears. Reassuring for all of us as we grow older on how best to treasure each day God gives us. An amazing book, so well crafted An incredible book, so well crafted, cherished the pics of individuals in publication, the wisdom is for outdated and young, for children and their parents, or your grandparents, neighbor next door. Anticipate buying and gifting to people. Uncover the richness of ageing and community A clear-eyed and enlightening reserve for people of any age on an issue of growing importance inside our world. Thanks Five Stars Great Five Stars Anybody that thinks they're getting old must read rich in years Three Stars A nice book that assists but getting old in perspective. Thanks to Christoph and his wife Verena who compiled this book, we can observe how facing the fears of loss of life, the changing of one's mind and body, the loss of capacities and loved ones can be transformed if we talk about them. An excellent read aloud to share and discuss and enjoy! Growing old need not be a problem.. Go through, enjoy and put their message to make use of today. I am learning very much about the autumn years of my entire life and where to find peace and purpose in my own life. STANDING OVATION for Abundant with Years! After reading Abundant with Years, I feel at peace with the concept of growing older. It's message is among LIFE; the human being experience. Well written and easy to read. I can't commence to describe all the useful information this small book contains. Rich in Years is an excellent book for everyone, irrespective of age! You understand the importance of friends, family, assistance to our fellow man &. In our country, the elderly are occasionally unappreciated and neglected. Johann Christoph Arnold offers reinforced to me the importance of keeping our elders near for the wisdom they can impart also to uphold the duty of looking after them because they age. I no more fear growing older, but I am more concerned with how I will invest my period while I'm alive. Tales of wish and making the best of each scenario. Am I carrying out all I can for the kingdom of God? I discover this book to be inspiring. Johann Christoph Arnold's words, in conjunction with the message of the bible are very comforting. I recommend Rich in Years and you will be ordering several more as gifts. Excellent reading for nearly any age reader This is a very good read for seniors but its recommendations and anecdotes apply nearly equally well to mid-lifers too. Younger visitors could benefit but probably would feel it's too early to ready for this uncomfortable subject - getting aged and closer to the finish of life. I want I had noticed it 15 or 20 years ago but I may not need appreciated it just as much as I do now. Very helpful and encouraging book..... the power of prayer.. We can learn by their example and transform ageing to a trip of discovery and be a blessing to those we collect around us.. Very good booklet. Finding Peace and Purpose in every things Rich in Years is normally compilation of many different stories who've found peace and purpose. You might even feel younger! Christoph Arnold shares the stories of other people who are "wealthy in years" as well as those who love and care for them, reminding us of the importance of faith, hope and community. I haven't finished but what I've read provides enlightened my days. I understood from the description that I needed to read it nonetheless it was better still than I acquired hoped. I was particularly moved by the tale of Richard Scott; Getting old can be scary. I recommend it. I gained a copy of the book on Goodreads. I had not been required to post an assessment. Five Stars This book has been shared with friends and neighbours, and is a treasure for an ageing population.



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