

"Susan Moon's stories are wonderful companions and guides as I go down my
golden life!"
—Marianne Wong, Singapore

this is getting old



Zen Thoughts on Aging
with Humor and Dignity



Susan Moon

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Susan Moon

This Is Getting Old: Zen Thoughts on Aging with Humor and Dignity



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Among the pieces she's included here are an essay on the gratitude she feels on her behalf weakening bones; In this intimate and funny collection of essays on the occasionally confusing, sometimes poignant, occasionally hilarious condition of being a female over 60, Susan Moon keeps her love of life and she keeps her listener fully engaged. observations on getting herself both an orphan and a matriarch following a death of her mother; musings on her behalf tendency to regret the past; thoughts on how not to be afraid of loneliness; and celebratory assistance on how to regard "senior moments" as opportunities to maintain the here and today. appreciation for the internal tomboy;



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. My 65th birthday is usually in just a couple of short weeks." Since We am now considered chronologically previous when I found this book (That is getting previous: Zen applying for grants aging with humor and dignity by Susan Moon) in Amazon for a bargain price We immediately purchased it. This 176 page volume is an easy go through and has numerous short essays which for some reason relate to the issues, joys, and tears of ageing. This text is organized into three parts. Component one (Cracks in your brain and body) provides seven essays within the experiences of the writer when she realized she was aging. Part two (Changing human relationships) offers eight essays on several insights into how age group affects different facets of your lifestyle. The final part (In the realm of the spirit) deals with the acceptance of ageing. It offers eight essays which provide ideas and observations on maturing with pleasure and dignity. Just like the author, I also have been into Zen and meditation for years. Four Stars Very good and an instant read light Terrific! Actually though I believe the author might have been aiming this book at women; even so, I could relate way too many of the same experiences in my life." Her research includes diminishing capacities, medical issues, and loneliness. When I was a little boy my father (Who is deceased and passed away when he was 94 years old) used to say "Too bad youth is certainly wasted on the youthful." I did not understand or appreciate that declaration until I grew old. Rating: 5 Stars. I recommend this reserve to whoever has reached at least 60 years. She has perfected the paradox of effortless effort. Truncate (Author: Haiku Occasions: How exactly to read, write and enjoy haiku). I learned probably more than I needed to find out about bones and retinas. My sister sent it if you ask me and I've given many copies to others. Great gift for anyone 50 and up Great gift for anyone 50 and up.. She was an activist in the sixties. And it all occurs in Berkeley, which means you know it will be both meaningful and just a little wild. I think I would love to have sacrificed some of the scenery descriptions and some of the medical terminology for more personal tales. This book can be tender, compassionate, and at the same time quite funny, as it tells the story of a woman getting into her last third of her existence. A Thoughtful, Meditative Appear at Aging I enjoyed this book although I'll admit I'd wished for more dialogue of the positive and negative aspects of being single again in one's sixties. This is a female who cares about the globe. I wished that she'd have been a little more open--there is no mention of solitary pleasures. I was pleased with Dr. Joyce Brothers on her behalf frank conversation of women's requirements in her book entitled Widowed. Is Zen thinking not compatible with such frank discussions? There were chapters in this book which interested me greatly and others that I'll admit bored me just a little. I loved hearing about the birth of her grandchild, empathized with her when she talked about the death of her mom, was interested to listen to about her clinical melancholy, less thinking about her tomboy childhood, and fairly interested in her camping trip with her sons. I was fairly interested in her medical problems--particularly knees and eye. But I pointed out that no details was remaining to the imagination. Some of her medical stories would pass muster with the most scientific, comprehensive medical journals. Growing into your new (old) body and astonishing yourself with how wealthy the finish of your physical life can be I LOVE this publication. There is no sugarcoating the discomfort and dark situations; I loved a few of her tales about her and her mom. Her voice is usually intimate, funny, and wonderfully specific. I have no idea if I have ever visited my mom without having to discuss the state of my hair. I'm my own research study." I disagree. When her grandchild was created, she started to feel like for all the children born all over the world. She was devastated by a picture of an infant battle victim. After her grandchild's birth, she made a donation to a Middle Eastern corporation to benefit children. If you are approaching the Hill, get your guidebook right here. She acquired a memory of nursing her newborn as she listened to the news headlines of Martin Luther King's assassination. I did enjoy what she got to say about her fear of never having sex again although she admits to a waning libido. Sure she cares about herself and whether she actually is becoming "invisible" given that she has gray hair and is concerned about her issues with despair, sleeping, and loneliness. Wonderful book! We have to care about ourselves if you want to survive in this world. I found myself feeling amazed by all the similarities in our thinking--caring approximately our mothers' obsession with our hair, wondering how long we need to live (and actually doing the math! Moon's objective explanation of the facts of her mother's death reveal the beauty, mystery, and utter sorrow of the knowledge. As a Christian, I feel at peace quite often, but I really do have anxious moments, just like Susan Moon, and I was pleased to read about the methods she manages to comfort herself with a combination of Zen philosophy and Moon thinking. This is one book I will save, instead of donate, as it's worthy of reading again.. It is a

statement of "This is one way it really is," and the subtitle is asking, "How can I work with it?. I'm grateful beyond measure for her warmth, her intelligence and her compassion. She says, "I'm turning wabi-sabi. I study the back of my hand with curiosity: the blossoming brown areas. I laughed, and I cried as I read this. Aging with dignity The title isn't a manifestation of exasperation. At least one reviewer described the author as "self-absorbed. The total amount issues, the memory space lapses, and the loss of physical abilities are all things which are often part of aging. She also contemplates "lasts." One chapter is AM I GOING TO Never Have Sex Once again? She also describes having to quit hiking, a long-time beloved activity. As we women age group, having a sense of humor assists a lot, and the author's warm writing style and insights made this read quite an enjoyable one. Over weeks the family members had to make the unpleasant and ambiguous choice about how exactly much intervention to use and to deal with doctors and nurses who held hoping yet another procedure would turn stuff around.), thinking about whether we'll have sexual intercourse again, wondering if it really matters, questioning if our senior moments are worth concern (I thank her for sparing me a vacation to the physician), and examining all of the worthless and useful items we manage to collect. She loved it too. Some real gems Wonderful easy read with some genuine gems of instruction. Charming, tender, and incredibly real. She's been worried about her memory, her knees, and her eyes.." Someone once said that "growing old is not fun but it is preferable to the alternative. I simply received my 'acceptance' letter for Medicare. I am giving away too much. She actually is a character lover so the reserve contains many descriptions of outdoor scenes--I'm more of an inside woman and my eyes start to glaze over when there are as well many paragraphs more desirable for tree-huggers. she writes about her own battling with respect for herself. Everyday life continues, but from a different perspective now. I recommend this to others just moving into their 'Medicare' years. An excellent and inspirational book for anyone who is worried about entering the therefore called "golden years.. Four Stars Ordered it after hearing the author on the radio. Open-Hearted, Wise and Deeply Nourishing No one writes that can compare with Susan Moon. I was astonished that her mom, like my mother, was obsessed with her daughter's hair. Joseph J. She manuals us through layers of time and experience with candor and humility. Like her Zen ancestor Dogen, she always manages to "stage backwards" to be able to widen her embrace of this precious human life most of us share. Moon says japan call impermanence and imperfection "Wabi-Sabi," where issues are put on and frayed and chipped through use. From the quirky name to the bitsof advice for those folks nearing the sixties (obtain your teeth cleaning done every 6 months, don't push yourself to climb the mountain you could scamper up in your 20's, usually do not despair if you never have sex once again with a man, fill your life with family members and community - the author can be an advanced Zen practitioner - and laugh at yourself occasionally). I bought several copies and will be providing them to all or any of my girlfriends. Simply finished this wonderful reserve. Susan Moon has a great way of ... Simply finished this wonderful publication. Susan Moon has a great way of putting the experiences to getting older into funny and touching tales that we can all relate with. The beauty of this book can be that it highlights the many stuff we gain with age group, rather than focusing just on what we get rid of. Reminds me of the collection from Desire On- 'you surely got to lose to know how to earn.' Would read it once again and have suggested it to family, friends, and just last week, a complete stranger. The moment I began scanning this book I possibly could not put it down until We finished it. This is such an excellent book that my cheap self actually bought another copy to send to a friend. Moon's Zen strategy of staring existence and its own suffering in the face, seeing what it is really like without glossing over it with platitudes, is a gift to our culture, which focuses on youth and denies that impermanence is everyone's experience and can be confronted with dignity. One of her themes relates to her mother's hospitalization and death.



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