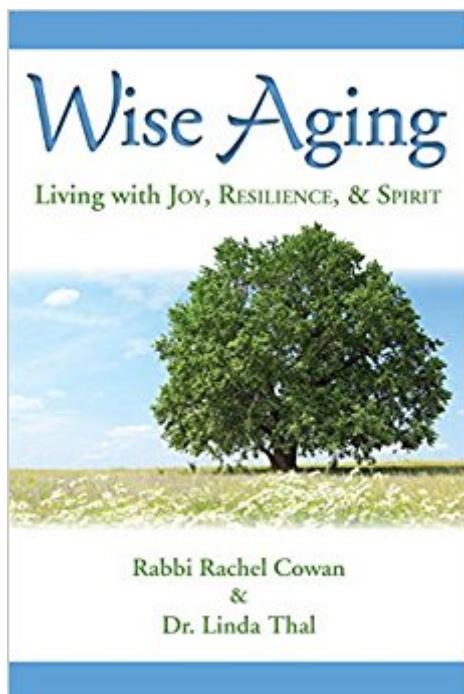


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# Wise Aging



## **Synopsis**

In Wise Aging: Living with Joy, Resilience, & Spirit, Rabbi Rachel Cowan and Dr. Linda Thal give us the tools we need to navigate the challenges of aging as we find joy and meaning in our lives. With the same warmth, humor, and wisdom that draws thousands to their innovative workshops on aging, they deliver practical, real world suggestions: journaling exercises, meditations, and activities that dig deep and lead us to a better understanding of how to age well.

## **Book Information**

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Average Customer Review: 4.6 out of 5 stars 38 customer reviews

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## **Customer Reviews**

Wise Aging represents a sea change in the way we approach the opportunities for spiritual meaning and growth as we grow older... (a) truly inspiring approach to gaining wisdom as we age. --RABBI

ANGELA W. BUCHDAHL, Senior Rabbi, Central Synagogue, New York, NY This is a book I want to

give to everyone I love. It's like a series of intimate sessions with two astute and tender guides, who

can lead you from confusion and foreboding about aging to opening your arms to possibility. --SARA

DAVIDSON, author of The December Project, a Jewish Book Award Finalist, and Loose

Change Rabbi Cowan and Dr. Thal offer wisdom for those in later life, but they are really teaching all

of us how to live better. --DAVID GREGORY, Meet the Press, Author of the forthcoming book, How's Your Faith?

**ABOUT THE AUTHORS:** Rabbi Rachel Cowan has worked to revitalize Jewish spiritual practices during her years at the Nathan Cummings Foundation. She also helped secular organizations promote meditation as a resource for people living in contemporary society. She also directed the

Institute for Jewish Spirituality, whose mission is to support the continuing spiritual growth of rabbis, educators, and laypeople. Dr. Linda Thal is a Jewish educator focused on adult spiritual development. She was the founding co-director of the Yedidya Center for Jewish Spiritual Direction, an institute that trains rabbis, therapists, and others in providing spiritual guidance to individuals.

Deep wisdom to guide our becoming an elder. So needed! Anyone can grow old if you live long enough but it takes effort and introspection to harvest the lessons of a lifetime and become a wise older member of society, which used to be a respected role - a sage.. This book will lay out that path. I've read several books on this subject and this is by far the best. It's written from a Jewish perspective but relevant and accessible to everyone, all backgrounds and not in the least a heavy religious book. No proselytizing about the "best way". Practical, applicable, easy and even fun to read and should be read by anyone who is seeking a template to enter older age and grow wise from the experience of living.

excellent

Considerate and great for even young, old people ;^P Would be good to use as a "workbook" for a group of people interested in aging and supporting each other in self-discovery and growth.

Very interesting book about wise aging. Not everyone could be so wide but we do our best and hope for a good outcome.

This book is being used as a discussion group at our Temple. Very enlightening and brings up many things to discuss.

Arrived on time. As described.

A wonderful source of inspirational stories, poems, prayers and more to help explore aging.

I stimulating book, well worth reading. Even better, form a group and explore the issues together.

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