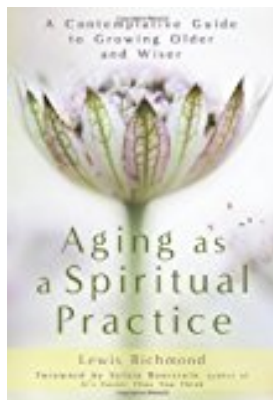


[PDF] Aging As A Spiritual Practice: A Contemplative Guide To Growing Older And Wiser

Lewis Richmond - pdf download free book



Books Details:

Title: Aging as a Spiritual Practice
Author: Lewis Richmond
Released: 2012-01-05
Language:
Pages: 256
ISBN: 1592406904
ISBN13: 978-1592406906
ASIN: 1592406904

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pdf, mobi, epub, azw, kindle

Description:

Review "This book guides us in navigating aging and reaping the blessings of happiness, openheartedness and inner freedom. Lewis Richmond writes from the radiance of his own discovery- he is fresh, clear and wise. I'm recommending this to all my aging friends!"

(-Tara Brach, Ph.D., author of *Radical Acceptance*)

"As someone who recently turned 70, I ate up Lewis Richmond's words on seeing growing older a spiritual practice. The book is fun and enlightening. I'll never forget some of the stories and the sharp formulas the author uses to remember how to age with some pleasure. The Buddhist point of view is especially fresh and useful. There's some Zen in all of us, deep down."

(-Thomas Moore, author of *Care of the Soul* and *Writing in the Sand*)

"Embedded as our culture is in the fantasy of control and management, our deepest distress rises from being separated from natural process, and our inevitable failure to manage, even defeat aging and mortality. Lewis Richmond speaks to the summons aging brings us, and offers a practical, step by step set of attitudes and practices which open the reader to philosophical maturation, a proactive engagement with the meaning of one's changing state, and the attainment of personal dignity through our shared journey into mystery."

(James Hollis, Ph. D., Jungian analyst and author of *What Matters Most*)

"Life can be challenging at any age and spiritual practice can be beneficial at any age. However, as Lewis Richmond makes crystal clear, these benefits may be especially important and valuable with aging."

-Roger Walsh MD, Ph.D., University of California Medical School, author of *Essential Spirituality: The Seven Central Practices*

Thoughtful, truthful, loving, Lew helps us bring attention to the mystery of aging with great kindness and wisdom.

(-Jack Kornfield, author of *A Path with Heart*)

About the Author Lewis Richmond is a Zen Buddhist priest and meditation teacher whose three previous books include the national bestseller *Work as a Spiritual Practice*. He lives in the San Francisco Bay area.

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