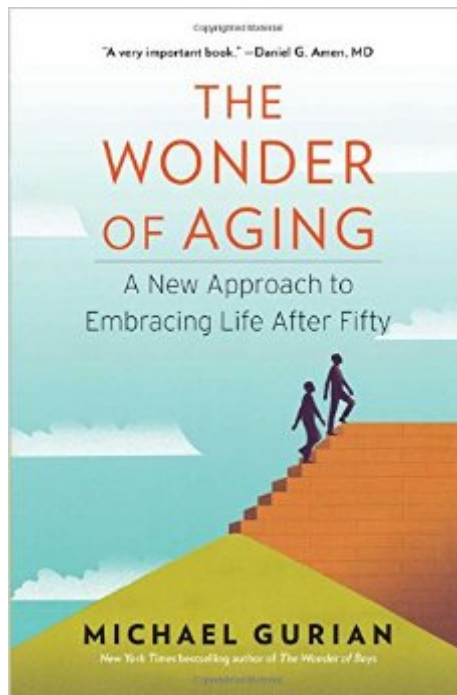


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The Wonder Of Aging: A New Approach To Embracing Life After Fifty



Synopsis

Bestselling author and renowned family counselor Michael Gurian teaches you how to embrace aging and life after fifty through this spiritual and comprehensive guide. The topic of aging after fifty is frequently only discussed in terms of health—what are the physical symptoms that come with advanced age, and what can we do about them? *The Wonder of Aging*, however, aims to look at aging in a new way—as something that is positive, showing how miraculous our second half of life can be. Gurian divides life after fifty into four stages: Stage 1: The Age of Transformation. This is the stage of life from the late forties to approximately sixty. Stage 2: The Age of Distinction. This stage of life lasts from approximately sixty to seventy-five. Stage 3: The Age of Completion. This stage involves completing our life-journey, both together (if we are still coupled) and alone, if our spouse has passed on or if we are divorced. He developed these stages in response to both scientific and anthropological information, and in response to the needs of his clients, who sought help in understanding where they were and what to expect in the second half of life. With updated research and anecdotes to help you discover a new paradigm for aging, you can understand how aging affects you physically, mentally, relationally, and spiritually, and how to celebrate these changes holistically and healthfully.

Book Information

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Customer Reviews

This is a logical next step for the prolific Michael Gurian, as he continues his exploration and illumination of gender, life stages, brain science and how individuals transition to the next chapter of their life stories. In his latest offering, Gurian takes on one of the taboos of modern American

culture, and he does so respectfully, thoughtfully and with evidence-based conclusions about something all of us--if we are fortunate--will experience. Not everything he says will resonate with each individual reader, but Gurian suggests ways to be, ways to act, ways to connect and ways to deal with the small ignominies of aging and the opportunities they can be turned into with the proper attitude and approach. Gurian shares his own aging process with us and calls us to be aware of the importance of decisions we make about our responses. He relies on his earlier explorations of gender differences to help men and women understand why they might react differently to becoming older, as he focuses on the importance of beauty and joy: a real service to those who have been enculturated to anticipate and experience aging as simply an ordeal and a series of losses. He provides information that empowers and encourages taking control of our lives even as our bodies make it inevitable that we must let go. This book will not make the slings and arrows of aging easier to bear, but it will let readers appreciate the ways in which aging can be a rich and beautiful journey through a quintessential human drama. In this book elders are encouraged to take on a role that may be new for them but that has always been a part of human culture and that must exist if we are to transition appropriately.

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