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The Wonder of Aging: A New Approach to Embracing Life After Fifty (Hardback)

By Michael Gurian

Atria Books, United States, 2013. Hardback. Book Condition: New. 231 x 157 mm. Language: English . Brand New Book. The New York Times bestselling author of *The Wonder of Boys* offers a holistic and uplifting look at the emotional, spiritual, and cognitive dimensions of aging and how to celebrate life after fifty. The years after fifty are generally discussed in terms of health: what are the physical symptoms that come with advancing age, and what can we do about them? *The Wonder of Aging* goes beyond these topics to serve as both a spiritual, meditative guide and a practical exploration of the emotional and psychological dimensions of the second half of life. This profound book looks at aging as something positive, life-giving, and miraculous. In his characteristically accessible and moving prose, family therapist Michael Gurian shows how we become elders. The world needs our wisdom, he argues, and he shows us how to develop and share it. Called the people's philosopher for his ability to apply scientific ideas to our ordinary lives, Gurian sees life after fifty as an enormously fruitful, exciting, and fulfilling time. Drawing on groundbreaking research in neuroscience as well as anecdotes from his many clients...


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