



## The Gift of Years: Growing Older Gracefully (Paperback)

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By Joan Chittister

BLUEBRIDGE, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. Not only accepting but also celebrating getting old, this inspirational and illuminating book looks at the many facets of the aging process, from purposes and challenges to struggles and surprises. Central throughout is a call to cherish the blessing of aging as a natural part of life that is active, productive, and deeply rewarding. Perhaps the most important dimension revealed lies in the awareness that there is a purpose to aging and intention built into every stage of life. Chittister reflects on many key issues, including the temptation towards isolation, the need to stay involved, the importance of health and well-being, what happens when old relationships end or shift, the fear of tomorrow, and the mystery of forever. Readers are encouraged to surmount their fears of getting older and find beauty in aging well.

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