



# The Spirituality of Age: A Seeker's Guide to Growing Older

*Robert L. Weber Ph.D., Carol Orsborn Ph.D.*

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**The Spirituality of Age: A Seeker's Guide to Growing Older** Robert L. Weber Ph.D., Carol Orsborn Ph.D.

A compassionate guide for transforming aging into spiritual growth

- Engage with 25 key questions guiding you to mine previously untapped veins of inspiration and courage
- Find a constructive role for regret and fear and embrace the freedom to become more fully yourself
- Draw from both Eastern and Western spiritual traditions and the latest research in psychological and religious theory to cultivate your spiritual potential

As we enter the years beyond midlife, our quest for an approach to aging takes on added urgency and becomes even more relevant in our daily lives. Empowering a new generation of seekers to view aging as a spiritual path, authors Robert Weber and Carol Orsborn reveal that it is by engaging with the difficult questions about loss, meaning, and mortality--questions we can no longer put off or ignore--that we continue to grow. In fact, the realization of our full spiritual potential comes about not by avoiding the challenges aging brings our way but by working through them.

Addressing head-on how to make the transition from fears about aging into a fuller, richer appreciation of the next phase of our lives, the authors guide you through 25 key questions that can help you embrace the shadow side of aging as well as the spiritual opportunities inherent in growing older. Sharing their stories and wisdom to both teach and demonstrate what it means to feel energized about the possibilities of your later years, they explore how to find a constructive role for regret, shame, and guilt, realize your value to society, and embrace the freedom of your later years to become more fully yourself.

Coming from Catholic Jesuit and Jewish backgrounds respectively, as well as drawing from the latest research in psychological and religious theory, Weber and Orsborn provide their own conversational and candid answers to the 25 key questions, supporting their insightful and compassionate guidance with anecdotes, inspirational readings, and spiritual exercises. By engaging deeply with both the shadow and light sides of aging, our spirits not only learn to cope--but also to soar.

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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their down time with their family, or their particular friends. Usually they carrying out activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Can be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the reserve untitled The Spirituality of Age: A Seeker's Guide to Growing Older can be fine book to read. May be it might be best activity to you.

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