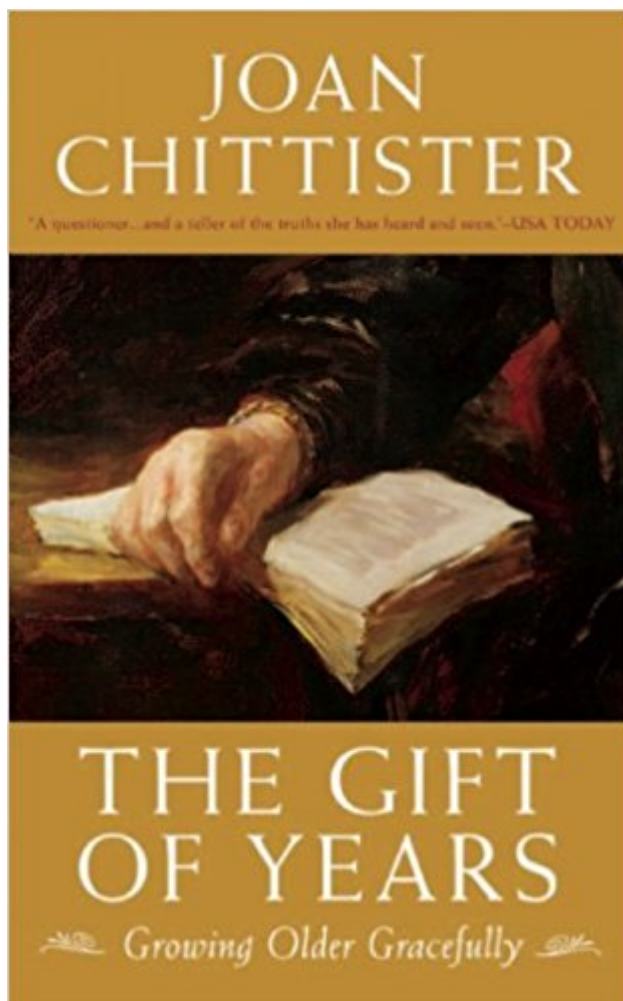


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The Gift Of Years: Growing Older Gracefully



Synopsis

Not only accepting but celebrating getting old, this inspirational and illuminating work looks at the many facets of the aging process, from purposes and challenges to struggles and surprises.

Book Information

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Customer Reviews

Well-known in Catholic circles for her willingness to take on anybody-even the pope-in defense of women's rights, Chittister, now in her 70s, examines how it feels "to be facing that time of life for which there is no career plan." Clearly, getting older has not diminished the controversial nun, activist, lecturer and author of nearly 40 books on feminism, nonviolence and Benedictine wisdom. This collection of inspirational reflections, "not meant to be read in one sitting, or even in order, but one topic at a time," abounds in gentle insights and arresting aphorisms: "'Act your age' can be useful advice when you're seventeen; it's a mistake when you're seventy-seven." Beginning each short chapter with a trenchant quotation ("It takes a long time," Pablo Picasso wrote, 'to become young'), she ponders topics such as fear, mystery, forgiveness and legacy. Old age is rich for those who choose to thrive, not wither: "We can recreate ourselves in order to be creative in the world in a different way than the boundaries of our previous life allowed." Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Hardcover edition.

"Chittister beautifully downplays regrets and accents the rewards of a mature life."

—Library Journal, starred review "This collection of inspirational reflections . . . abounds in

gentle insights and arresting aphorisms." *Â* *Â* *#151*;Publishers Weekly*#147*;We can all draw strength from Chittister's essays on regret, nostalgia, and forgiveness. She reminds readers of all generations that aging doesn't have to be a depressing series of losses." *Â* *Â* *#151*;School Library Journal"Perhaps you have to be in the second half of life to know how truthfully and helpfully Joan Chittister speaks. We live in a first-half-of-life culture, which makes this wisdom all the more necessaryand all the more wonderful." *Â* *Â* *#151*;Richard Rohr, author, *The Naked Now*"A prophetic voice that is desperately needed in our troubled time." *Â* *Â* *#151*;Karen Armstrong, author, *The Great Transformation*"It's the best book I have read on the subject of aging, a dazzling work radiant with gems of insight on every page. It will be my spiritual reading in the days ahead." *Â* *Â* *#151*;Andrew Greeley, author, *The Great Mysteries*"Brims with insight, pluck, verve and courage. . . . It shows us both the joys and the challenges of growing older, and encourages us to discover the deep spiritual meaning that can come with older age." *Â* *Â* *#151*;Helen Prejean, author, *Dead Man Walking*"An amazing compendium of wisdom not only for people facing aging or providing support, but for everyone who wants to live a spiritually centered and balanced life." *Â* *Â* *#151*;Michael Lerner, editor, *Tikkun Magazine*

In my mid-forties, I'm committed to aging well. I've seen how so many in our culture age, and I'm committed to do better, not just physically, but emotionally, as well. For me, a big part of that shift is ensuring that my mind-space is in a good place, and that largely translates (again, for me) into not trying to chase the fountain of youth, but rather, for celebrating the gift of years, and for being my best self at this given moment in my life history, wherever that may be. This book? Is such a gift in that respect. I've read a number of books on aging now, and this has been one of the most beautifully insightful, in fact, I had initially borrowed it from the library, but wound up purchasing it as I very much want to underline and make margin notes, as I'm sure I will refer to it time and again. I highly recommend this lovely, poignant work, that also happens to be wonderfully written.

The Gift of Years: Growing Older Gracefully by Joan Chitister is a hopeful commentary on the thoughts of well-known people and a few saints who ponder what it means to grow old in an environment such as the USA where youth is most valued and catered to in the creation and sales of various items. Older folk are not considered a good market for sales and are not considered in material goods being offered to the public. The author also shares her own thoughts of growing older. Turning 70 was the starting point when she began to see changes in her energy and

interests. The importance of meditation is expressed. A good, all around book for those in search of a spiritual, thoughtful old age. A. M. Seidler, S.F. Ca.

Joan Chittester writes so clearly there leaves no doubt this is not theory on her part. She has lived some of it already, knows elders who've told their story or whom she has observed, and has researched the topic carefully. The wisdom with which she builds her case is both down-to-earth and accessible to elders of all backgrounds - and professionally researched, giving teeth and credibility. The way the book is divided into short chapters on given topics, allows the reader to take on the topic in small pieces, the way you would eat a course of a meal and allow time to digest it before going on. Through the lenses of the different topics, the main points are shown to be relevant any way you look at them. This book is a "must read" for all people advancing in years or who have loved ones who are. It should be required reading for anyone entering the "young old" (65-74) years as Joan describes them. The best part is that she's writing for herself too, and her work couldn't be more credible. Don't wait. Order this book today. "The Gift of Years" will be the best gift you could give yourself if your desire is to live a vibrant, meaningful last chapter of life.

It is just the best most insightful book on not being fearful of getting older. It is full of "don't look at it this way, look at it this way"....it's like talking to a very wise friend who has gone before you on a journey and is saying "it's ok". It is a comforting book as we make our way into older age, those of us lucky enough to be actually living a long life. I have bought this book for all my friends and it's not just for women.

This is the only book I have ever touched that touched me so deeply that I purchased four more copies to give to friends. On a woman's retreat, I read a chapter to the ladies on the first morning and they requested I read another in the evening and on subsequent days. There is so much wisdom here. Thank you so much Joan Chittester.

The spiritual journey of aging with guidance and signposts to help along the way. Some say these years are far from golden but not Sister Joan. The best book I have encountered on the reality of growing older with its inevitable outcome, and how to make this phase of life filled with joy and acceptance.

Excellent reflective advice and observations for the aging. Can be read by anyone but especially

poignant for anyone over 40. The writing is clear and perfectly pitched. It is written for the spiritual person but not necessarily the religious one. Chittister offers hope and encouragement for the reader wondering about meaning in their life as they age.

The book is a must read for those who want to live well and be remembered as gracious. The seller had wonderful service and the book was as promised. This book can be read slowly or quickly and will have an impact on the reader regardless.

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