



Aging Well - Be Your Best Self Forever!

Rev. Carol Richardson

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Aging Well uniquely offers a comprehensive view of what it means to be whole and healthy while aging as beautifully as possible, given life's unpredictable and varied circumstances. Rather than focusing solely on physical wellness or nutrition, Aging Well encompasses physical, mental, relational, environmental, global, and spiritual health. Each chapter begins with inspirational and motivational quotes, and ends with practical self-reflection exercises. Using personal life stories as well as pastoral experiences to illustrate the power to make better choices amid life's challenges, Aging Well inspires readers by illuminating life from within its very trenches. The originality of Aging Well also lies in its synthesis of spirituality from both Eastern and Western perspectives into a mystical whole. The overarching goal of the book is to empower people to bring more love into their lives, their bodies, their relationships, their choices, as well as their overall sense of purpose in life. Aging Well shepherds readers through a step-by-step look at themselves, their choices, and their lifestyles, informing them holistically while motivating them to take personal responsibility for their own aging process, so that they can live healthier, more meaningful lives. All of this and a global perspective, too, create a uniquely comprehensive sense of what it means to age well, precisely because the spiritual perspective implicit in Aging Well insists that we do not age well alone. We age as part of a community, as residents on this earth, and as part of a global community. While this comprehensive and paradigmatic view of what it means to age well could feel overwhelming, Aging Well inspires, encourages, and invites readers to new understandings that enable them to make more loving choices for themselves, for others, and for the planet. That is the only way that all of us can truly age well.

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