



GROWING OLD

Sometimes I look back on my life
and I think...um...I think...crap.
Nevermind. I forgot already.

Reflections On Growing Old

William Emilsen, Eugene Stockton



Reflections On Growing Old:

Light of Faith George Appleton, 1995-01-01

The Granny Who Stands on Her Head Ann Richardson, 2021-11-22

Somewhere in the middle of my seventies I realised that I liked being old So begins this set of engaging stories and thoughts on growing older by someone with a vast range of life experience to share Part memoir and part reflection on the joys and challenges of modern life this book explores the nature of old age and how it compares to what came before The author argues that being older does not have to be feared Even better it can be fun This kaleidoscopic book offers a refreshing and often funny look at a wide range of issues Including the personal awkwardness of a loss of memory a new take on the nature of ambition and sex at the age of 90 It challenges head on many of the prevalent myths and taboos surrounding old age You may never look at old age in the same way again

Reflections on Old Age Cornelius F. Murphy Jr., 2015-04-07

The English writer E M Forster described old age as a seductive combination of increased wisdom and decaying powers to which too little intelligence is devoted This book is a response to that criticism It explains how old age has been considered throughout the ages by philosophers poets and other literary figures and explores how the extraordinary increase of life expectancy that began in the last century has been sustained by science and medicine Unfortunately the general public still prefers to keep the elderly out of sight and especially out of mind To overcome this marginalization I call for the emergence of a more inclusive humanism one that is welcoming to persons of all ages To overcome the pervasive isolation of the elderly requires a new dialogue across all the living generations Echoing the sentiments of Cicero in his classic study of old age I also call for a reflective maturity to develop among the elderly one that reaches deeply into themselves and increases their understanding of the world around them Spiritual maturity demands growth in virtue and charity in the advance of years A reaching out to all in the pursuit of justice and the common good is strongly recommended The book concludes with some reflections upon hopes for personal immortality as well as the qualities of divine justice and mercy

Growing Old in Christ

Stanley Hauerwas, 2003-06-20

One of the hallmarks of contemporary culture is its attitude toward aging and the elderly Youth and productivity are celebrated in today's society while the elderly are increasingly marginalized This not only poses difficulties for old people but is also a loss for the young and middle agers who could learn much from the elderly including what it means to grow old and die in Christ Growing Old in Christ presents the first serious theological reflection ever on what it means to grow old particularly in our culture and particularly as a Christian In a full orbed discussion of the subject eighteen first rate Christian thinkers survey biblical and historical perspectives on aging look at aging in the modern world and describe the Christian practice of growing old Along the way they address many timely issues including the medicalization of aging the debate over physician assisted suicide and the importance of friendships both among the elderly and between the elderly and the young Weighty enough to instruct theologians ethicists and professional caregivers yet accessible enough for pastors and general readers this book will benefit anyone seeking faith based insight into growing old

Contributors David Aers David Cloutier Rowan A Greer Stanley Hauerwas Judith C Hays Richard B Hays Shaun C Henson L Gregory Jones Susan Pendleton Jones Patricia Beattie Jung D Stephen Long M Therese Lysaught David Matzko McCarthy Keith G Meador Charles Pinches Joel James Shuman Carole Bailey Stoneking Laura Yordy **The Time of Your Later Life** Dr Declan Lyons, 2018-06-18 The Time of Your Later Life is a guide to help older people explore new possibilities and write new life narratives in the process of growing older It is an interpretation of some of the key events of the year seen through the eyes of a middle ager who happens to work as a psychiatrist for older people and who actively aspires to be a thriving older person The book reminisces recalls reinterprets and explores the themes and circumstances of the year based on a journey through the seasons It consists of 52 essays one for each week of the year exploring Themes Festivals Rituals Opportunities With observations and wry perceptions challenging the reader to do more and get more out of life The intended audience for this book is the 16 per cent of the Irish population aged 65 and older but also middle agers approaching this age category as well as friends family members and supporters of older people irrespective of age in other words all of us The Art of Growing Old Carroll Saussy, This book shows not only how to embrace the challenges of a long life but also how to engage the possibilities of creativity and depth of soul available to those who have acquired a wealth of experience Activity suggestions are included making this ideal for both personal and group study *What Does It Mean to Grow Old?* Thomas R. Cole, 1987-08 In What Does It Mean to Grow Old essayists come to grips as best they can with the phenomenon of an America that is about to become the Old Country They have been drawn from every relevant discipline gerontology social medicine politics health anthropology ethics law and asked to speak their mind Most of them write extremely well and their sharply individual voices are heard **The Art of Growing Old** Marie De Hennezel, 2012-04-12 A groundbreaking approach to aging from one of France's best known clinical psychologists How should we accept growing old It's an inevitable progression and yet in Western society the very subject of aging is often taboo and shrouded in anxiety and shame Not anymore says Marie de Hennezel an internationally renowned clinical psychologist and bestselling author Now that our lives are longer and richer than ever before it's imperative to demystify our greatest fear and cultivate a positive awareness of aging In this timely and essential book de Hennezel offers a fresh perspective on the art of growing old She confronts head on the inevitable grief we sustain at the loss of our youth and explains how refusing to age and move forward in life is actually what makes us become old Combining personal anecdotes with psychological theory philosophy and eye opening scientific research from around the world she shows why we should look forward to embracing everything aging has to offer in terms of human and spiritual enrichment The Art of Growing Old is a thought provoking brave and uplifting meditation on the later years as they should be lived **Reflections** John Blackwell, 2009-08-01 Reflections will not only give you something solid to chew on it will also feed it to you one bite at a time Reflections is a short book with a tall agenda to serve you bite size ideas that will nourish your soul Each of these Reflections is a timeless lesson from ordinary experience

In a mere one hundred short pages you will find wisdom beauty goodness and hope Reflections will clear your head and show you the next step on your journey You can read it in one sitting or you can savor it one page at a time The choice is yours

The Wisdom of Age William Emilsen,Eugene Stockton,2022-09-18 This inspiring collection of reflections is written by 24 people all aged eighty years or older and living in the Blue Mountains of New South Wales They seek to foster constructive conversation about ageing and how to grow old well they acknowledge the importance of listening to the voices of those who are making the journey into later life and their observations refute many of the negative stereotypes that surround ageing prevalent in our society These reflections are authentic and courageous in opening topics that are sometimes hard to speak of publicly They include sources of meaning faith and spirituality creativity social engagement as well as grief loss dying and death The reflections embrace examples of the wonderful ways in which individuals can overcome the hard things of life leading to a new way of being The contributors to *The Wisdom of Age* are pioneers in gerontology telling the world what it is really like to continue to live well into later life

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