



Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser

Lewis Richmond

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The bestselling author of *Work as a Spiritual Practice* presents a new vision of the aging process, awakening a spirit of fulfillment and transformation.

Everything changes. For Buddhist priest and meditation teacher Lewis Richmond, this fundamental Buddhist tenet is the basis for a new inner road map that emerges in the later years, charting an understanding that can bring new possibilities, fresh beginnings, and a wealth of appreciation and gratitude for the life journey itself.

In *Aging as a Spiritual Practice*, Richmond acknowledges the fear, anger, and sorrow many people experience when they must confront the indignities of their aging bodies and the unknowns associated with mortality. This wise, compassionate book guides readers through the four key stages of aging- such as "Lightning Strikes" (the moment we wake up to our aging)-as well as the processes of adapting to change, letting go of who we were, embracing who we are, and appreciating our unique life chapters. Unlike many philosophical works on aging, however, this one incorporates illuminating facts from scientific researchers, doctors, and psychologists, as well as contemplative practices and guided meditations on aging's various challenges and rewards. The tandem of maintaining a healthy body and healthy relationships, infused with an active spiritual life, is explored in rejuvenating detail. Breath by breath, moment by moment, Richmond's teachings inspire limitless opportunities for a joy that transcends age.

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