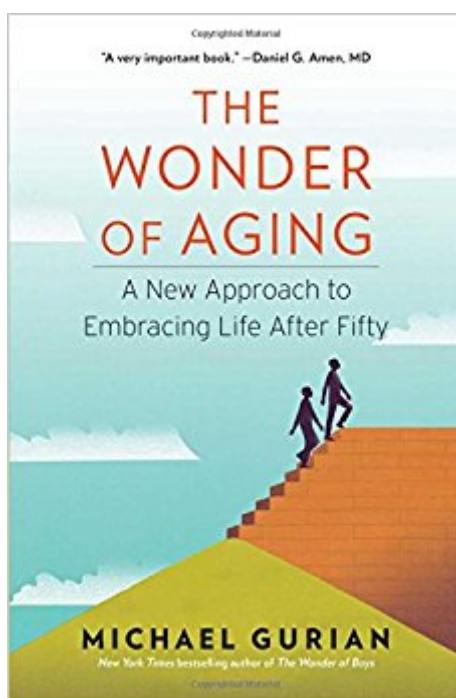


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# The Wonder Of Aging: A New Approach To Embracing Life After Fifty



## Synopsis

Bestselling author and renowned family counselor Michael Gurian teaches you how to embrace aging and life after fifty through this spiritual and comprehensive guide. The topic of aging after fifty is frequently only discussed in terms of health—what are the physical symptoms that come with advanced age, and what can we do about them? *The Wonder of Aging*, however, aims to look at aging in a new way—as something that is positive, showing how miraculous our second half of life can be. Gurian divides life after fifty into four stages: Stage 1: The Age of Transformation. This is the stage of life from the late forties to approximately sixty. Stage 2: The Age of Distinction. This stage of life lasts from approximately sixty to seventy-five. Stage 3: The Age of Completion. This stage involves completing our life-journey, both together (if we are still coupled) and alone, if our spouse has passed on or if we are divorced. He developed these stages in response to both scientific and anthropological information, and in response to the needs of his clients, who sought help in understanding where they were and what to expect in the second half of life. With updated research and anecdotes to help you discover a new paradigm for aging, you can understand how aging affects you physically, mentally, relationally, and spiritually, and how to celebrate these changes holistically and healthfully.

## Book Information

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## Customer Reviews

"Let's fully experience that and see what great journey we can make as we sing a new, mature song of wonder, love, adventure, and empowered age." Mental health counselor Gurian (*The Purpose of Boys*) turns his attention to the second half of life, addressing the needs and discussing the cycle

that elders experience. Combining his own experience with that of other researchers he discusses the elements of healthy aging, including a focus on reducing physical and mental stress, embracing the aging process, creating new communities, and spiritual growth. Gurian's prose is ever mindful, whether discussing human needs for happiness, gender differences, the role of sexual intimacy, or the multi-faceted impacts of chronic disease. He intersperses thought-provoking explanatory passages with bulleted lists, providing detailed or summarized information for readers. This book opens much-needed discussion on aging and dying—often considered taboo topics in American culture, which is ironic given their nature as universal experiences—and will give readers the means to approach these topics with their families and friends. Gurian has an optimistic, energizing, and sympathetic voice that will inspire readers as they seek guidance on their journeys through life. (June) --This text refers to an out of print or unavailable edition of this title.

Praise for Michael Gurian's work""THE MINDS OF BOYS" is a gift to parents, teachers and anyone else involved in raising or nurturing boys. It is filled with cutting edge neuroscience, yet has the warmth of a wise professional."--Daniel Amen, MD, author of "Making A Good Brain Great""Michael Gurian is America's most passionate advocate for boys. In "THE PURPOSE OF BOYS", Gurian creates a rich reading experience and a clear recipe for helping boys to find purpose in their lives."--Michael Thompson, Ph.D., author of "It's a Boy!" and coauthor of "Raising Cain"

This is a logical next step for the prolific Michael Gurian, as he continues his exploration and illumination of gender, life stages, brain science and how individuals transition to the next chapter of their life stories. In his latest offering, Gurian takes on one of the taboos of modern American culture, and he does so respectfully, thoughtfully and with evidence-based conclusions about something all of us--if we are fortunate--will experience. Not everything he says will resonate with each individual reader, but Gurian suggests ways to be, ways to act, ways to connect and ways to deal with the small ignominies of aging and the opportunities they can be turned into with the proper attitude and approach. Gurian shares his own aging process with us and calls us to be aware of the importance of decisions we make about our responses. He relies on his earlier explorations of gender differences to help men and women understand why they might react differently to becoming older, as he focuses on the importance of beauty and joy: a real service to those who have been enculturated to anticipate and experience aging as simply an ordeal and a series of losses. He provides information that empowers and encourages taking control of our lives even as our bodies make it inevitable that we must let go. This book will not make the slings and arrows of aging easier

to bear, but it will let readers appreciate the ways in which aging can be a rich and beautiful journey through a quintessential human drama. In this book elders are encouraged to take on a role that may be new for them but that has always been a part of human culture and that must exist if we are to transition appropriately. He asks us to consider new communities that we can form to make the passage from one stage to another not only bearable but wonderful. The book contains practical questions to ask ourselves, helpful stage-delineation to assist us in understanding what is happening to us, and supportive tips on how to prepare and to go through the three stages Gurian explores: transformation, distinction and completion. He does not shrink from addressing all aspects of aging: from physical loss to intimacy, and from isolation to the fear of death. He encourages us to recognize and to avoid the real killers: stress, clutter and guilt, and to make the most of our relationships with our children, our grandchildren and our age peers. The focus in this book is on the positive, joyful, life-bringing experiences we can concentrate on and embrace rather than on worrying about how our bodies are failing us. This is an easy read that challenges us, nevertheless, to examine our assumptions, and encourages us to welcome what we cannot avoid. We can turn the inevitable into opportunity to live an enriched, empowered and beautiful last stage of our lives. The inclusion of "Eva's Song" and "Kathy's Song" provides a bonus of lyrical empathy with all those who have gone before us and who have lit the way to the kind of aging experience that we may all wish for.

I recommend this book to anyone moving toward fifty or over fifty. It is a comprehensive guide to living positively and in health as we age. I particularly like the way the author divided aging into three distinct stages. I also like how he looked at similarities and differences between women and men who are aging.

This book is a **MUST** read for everyone who is 45 & over ! Be ready for embracing life. Some people are acting old at 40...and others are 80 and still going strong. Get this book and read it. Be ready for life, see where you fit in and why and what you can do about aging easily and being ready for the last quarter of your life and enjoying it! I bought the e-book for my Ipad to read and was blown away by how good it is for everyone to have. I have ordered the hardbound book to use in my workshops and trainings and working with clients. It is a **MUST** Read and a **MUST** have book! Well written and easy to understand and relate to!

With the first few chapters of this book Michael Gurian drew me in sharing his own journey and

those of others into what he calls our second life. Now in my mid 50s I have found myself wondering how to chart the course of what will likely be another 40 years. I don't just want to retire I want to continue to grow, learn, and be of service to my community. I believe Mr. Gurian has done an amazing job of bringing together the science, spirituality, and social aspects of not just aging but growing along the way in this book. I highly recommend it to anyone who is wondering what comes next as we continue on the journey of life.

Very deep, but convoluted philosophical book. Book is supposedly based on 2 to 3 thousand extensive interviews with men and women and men 50 and older, but examples of principles gleaned from interviews are sparse. I tried to get into the book because of some background with grief counseling, but found the writing lacking in clarity, and extremely wordy, often feeling like a Freudian therapy session. PJT, Ph.D.

The Wonder of Aging is one of Michael's most emotional books. It is science-based, as are all his books, but with a touching and emotionally moving tone that I, as a 67 year old woman, really like. Each chapter begins with a meditation, and every chapter includes insightful quotes from spiritual and secular thinkers about aging. The practical work of each chapter is thus put in context with larger spiritual issues. Each chapter takes on an important theme, such as becoming an effective and visible elder, how to live for joy and live in the moment, best health practices for de-stressing your life, finding the kind of personal freedom we each deserve as we face disease and death, and remaining vital and positive throughout the whole process. Bravo Michael on this very useful book.

This book sat on my Kindle for 2 years before I read it. It was highly recommended by a relative who also left a glowing review. But I prefer reading fiction so I put it off thinking it would be dry and boring. Well, it is NOT dry and boring. It is so interesting and informative that after reading a couple of chapters, I actually bought the hardback version--used, excellent condition--so that I could earmark and highlight it and paraphrase information for the senior community we are creating here. I thought I knew almost everything about aging but surprise! I didn't. I love the stages of aging after 50, My life up to now 72 fits the descriptions of the first two stages and I have a third to look forward to! Thank you, Michael Gurian!

I like his positive approach. It seems to cover too broad an age range. There's a lot of difference between 50 & 80, in all areas. The 1st half of the book isn't pertinent to people in the last age era

and vice versa.

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