



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 user's life guide to aging well and making every year fulfilling and transformative.

Everything changes. For Zen 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 and a wealth of appreciation and gratitude for the life journey itself.

Aging as a Spiritual Practice is a wise, compassionate book that 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, embracing who we are, and appreciating our unique life chapters. Unlike many philosophical works on aging this one incorporates illuminating facts from scientific researchers, doctors, and psychologists as well as contemplative practices and guided meditations. Breath by breath, moment by moment, Richmond's teachings inspire limitless opportunities for a joy that transcends age.

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