

# [PDF] Aging As A Spiritual Practice: A Contemplative Guide To Growing Older And Wiser

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**Description:**

**Review** "A practical, step-by-step set of attitudes and practices, which open the reader to philosophical maturation." —James Hollis, PhD, author of *Finding Meaning in the Second Half of Life*

“A spiritual affirmation that provides a welcome alternative to the prevailing belief that maintaining the appearance of youth as long as possible is an antidote to aging.” - *Kirkus Reviews*

“This compassionate, hopeful book is a valuable resource for the inquiring adult coping with the passages of aging.” —*Publishers Weekly*

**About the Author** Lewis Richmond is a Zen Buddhist priest and meditation teacher whose three previous books include the national bestseller *Work as a Spiritual Practice*. He lives in the San Francisco Bay area.

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