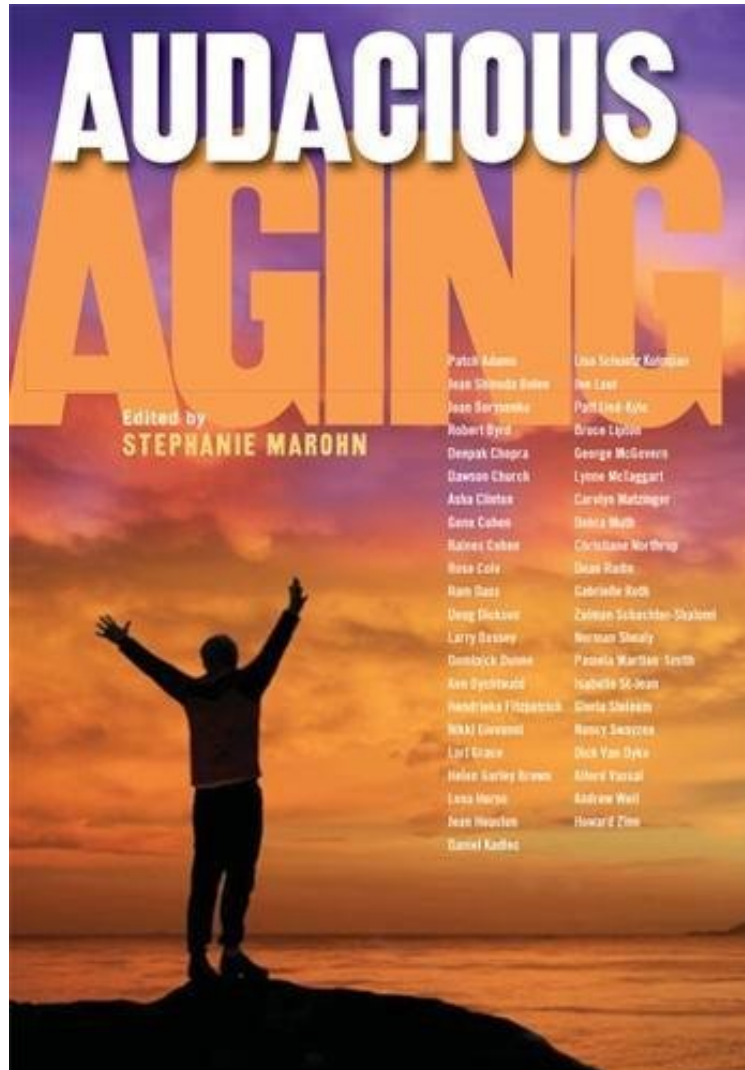


Audacious Aging

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looking for fresh perspectives on how to think about the possibilities and opportunities getting and being older can offer. 0 of 0 people found the following review helpful. Loved itBy dvjAsk about 40 people to write 5-10 pages on their personal experience of aging and you get a wide range; many of them are inspirational... a book well worth owning if you are getting into "that" age range (define "that age" yourself!)

A new generation is evolving together through the passage of eldership. In *Audacious Aging*, we collect their voices, full of wisdom, fierceness, compassion and gentleness. They are the graceful and eloquent transformative agents our communities and our planet are now seeking. This book brings together voices from medicine, psychology, business, government, the media, and entertainment, to articulate a brilliant new vision of the possibilities of the second half of life. Some are in their nineties, others are in their twenties, yet they share a common vision of aging. Not content with "going gently into that good night," they all see midlife and beyond as a gateway to changing the planet, and accelerating their personal transformation. They expect to live long, healthy, active and influential lives. They are profoundly engaged at the crossroads of crises and opportunities on Earth, and in this inspiring book, they paint a brilliant new picture of the opportunities that come with aging audaciously.

From the Publisher* Redefines the second part of life as a time of creativity, health, expansion and inspiration. * Contributions from many famous people from politics to show business to alternative medicine. About the Author Editor Stephanie Marohn is the author of several natural healing books, including *Natural Medicine First Aid Remedies*. Other contributors include Mariel Hemingway, George McGovern, Lena Horne, Christiane Northrup, Helen Gurley Brown, Lynne McTaggart, Robert Byrd, Larry Dossey, and Maya Angelou.