



# The Wonder of Aging: A New Approach to Embracing Life After Fifty

By *Michael Gurian*

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**The Wonder of Aging: A New Approach to Embracing Life After Fifty** By Michael Gurian

**Bestselling author and counselor Michael Gurian offers a comprehensive look at the emotional, spiritual, and cognitive dimensions of aging—and how to celebrate life after fifty.**

The New York Times bestselling author of *The Wonder of Boys* offers a holistic and uplifting look at the emotional, spiritual, and cognitive dimensions of aging—and how to celebrate life after fifty. The years after fifty are generally discussed in terms of health: what are the physical symptoms that come with advancing age, and what can we do about them? *The Wonder of Aging* goes beyond these topics to serve as both a spiritual, meditative guide and a practical exploration of the emotional and psychological dimensions of the second half of life. This profound book looks at aging as something positive, life-giving, and miraculous. In his characteristically accessible and moving prose, family therapist Michael Gurian shows how we become elders. The world needs our wisdom, he argues, and he shows us how to develop and share it. Called “the people’s philosopher” for his ability to apply scientific ideas to our ordinary lives, Gurian sees life after fifty as an enormously fruitful, exciting, and fulfilling time. Drawing on groundbreaking research in neuroscience as well as anecdotes from his many clients over the last two decades, he goes beyond the physical-centered view of aging to present a new, holistic paradigm that embraces the soul-enriching opportunities of fifty and beyond. *The Wonder of Aging* divides the second half of life into three stages: the Age of Transformation, from our late forties to around sixty; the Age of Distinction, from sixty to seventy-five; and the Age of Completion, which involves the final stage of our journey. Discussing topics such as sex, how men and women age differently, the effects of aging on the brain, grandparenting, living with purpose, and what to expect in your last chapter, Gurian also provides meditations and exercises to help you design your present and future. Written with Gurian’s courageously optimistic outlook on life, *The Wonder of Aging* is a comprehensive and comforting road map of what to expect in the second half of your life—and how to celebrate it. The elder years can be a journey into something richer and deeper, full of hope and meaning rather than a sense of fate, and this book gives you the tools to revel in them to the fullest.

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### Editorial Review

From Publishers Weekly

"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)

### Review

"This book opens much-needed discussion on aging and dying...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." (*Publishers Weekly*)

"An engaging warning against a hopeless search for the fountain of youth." (*Kirkus Reviews*)

"Gurian's research is both fascinating and eye opening." (*Cleveland Plain Dealer*)

"Michael Gurian explores new territory in *The Wonder of Aging* by combining patient stories and experiences from his rich professional and personal lives to create an authentic and insightful work. In his terrific new book, Michael does what he does best....exploring the depth of the human spirit."

(Nancy L Snyderman, M.D., NBC News Chief Medical Editor)

"*The Wonder of Aging* is amazing in its scope and depth. It reflects an enormous amount of work and insight. The practical parts of the book help us do what we need to do to live well. The prayerful parts of the book elicit a sense of gratefulness as we move through the stages of age. I highly recommend this book!" (Rabbi Henry Glazer, author of *I Thank Therefore I Am*)

"Every time you open a Michael Gurian book, you know you are in for an adventure. Michael's powerful new book, *The Wonder of Aging*, is no exception. As he has done in all of his books, Michael uses his expertise, practical experience, and heart to open us up to the wonder of who we are becoming. *The Wonder of Aging* provides a practical, spiritual, and inspirational primer for high impact living, geared to those of us speeding past 50 and beyond."

(Rev. Tim Wright, Pastor, Community of Grace Church, and author of *Searching for Tom Sawyer*)

"*The Wonder of Aging* is both a practical and spiritual journey. For those of us working to enhance men's health, the book is very welcome--it has specific sections applicable to both women and men. I highly recommend this book to anyone fifty or older, and even those of you getting close!" (Ronald K. Henry,

President, The Men's Health Network)

"This book is an impressive achievement and a must read for anyone who is over fifty, caring for or caring about someone over fifty---and the rest of us who hope to reach our fifties and beyond both enlightened by modern science and touched by the magnificent grace of empathy." (William S. Pollack, PH)

"This powerful book helps both women and men age gracefully. Michael's book is encouraging, well-researched and beautifully written. It is a practical guide to designing and living the second half of life with courage and fresh meaning. Read this book, and you will experience aging in a whole new way." (Gregory Jantz, Ph.D., Founder, the Center for Counseling and Health Resources, and Author of *Overcoming Anxiety, Worry, and Fear*)

"In our ageist culture, you've got to love a book with the title *The Wonder of Aging: A New Approach to the Second Half of Life*. Because here's the big secret that almost no one appreciates. Life really can get richer and better with age. You just have to approach it in the right frame of mind. And that is exactly what Gurian provides for all of us in this brilliant book." (Christiane Northrup MD, author *The Wisdom of Menopause*)

### **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*)

"*The Mind of Boys* is a call for a reassessment of how we educate our sons (that) is long overdue." (*Washington Post Book World*)

"*What Could He Be Thinking* is filled with illuminating specific examples." (*Seattle Post Intelligencer*)

"In *What Could He Be Thinking* Michael Gurian has completed some incredible and useful research. Gurian has answered questions of vital importance." (*Chicago Tribune*)

"Gurian's attention to the physiology of how girls develop is tapping into a growing field among researchers...*The Wonder of Girls* has won universal praise for Gurian's focus on the importance of maintaining personal connections with girls." (*Chicago Sun Times*)

"I was grateful to get to the advice section of *The Wonder of Girls*, which categorizes girls by age...wonderfully useful advice....Gurian is at his best when it comes to the nuts and bolts of rearing a daughter." (*Los Angeles Times*)

"In *The Wonder of Girls*, Michael Gurian has written an eminently sensible book." (*the Daily Telegraph (London)*)

"*The Wonder of Girls* is explosive, bound to be controversial, a powder keg...Gurian raises interesting questions." (*USA TODAY*)

“*THE WONDER OF AGING* is a very important book. It is filled with practical tips, solid science and stories that will inspire and motivate you. With 11,000 people turning 60 every day, we can no longer avoid talking about aging...so we might as well embrace it with wonder.” (Daniel G. Amen, MD, New York Times bestselling author of *Use Your Brain to Change Your Age*)

#### About the Author

Michael Gurian is a marriage and family counselor in private practice, and the *New York Times* bestselling author of twenty-seven books. Michael cofounded the Gurian Institute, a training and research organization, in 1996 and frequently speaks at and consults with corporations, physicians, hospitals, schools, and other professionals. He has been called “the people’s philosopher” for his ability to combine cutting-edge science with people’s everyday lives.

### Users Review

#### From reader reviews:

##### Erin Harmon:

Here thing why this particular *The Wonder of Aging: A New Approach to Embracing Life After Fifty* are different and reliable to be yours. First of all examining a book is good but it really depends in the content of the usb ports which is the content is as delightful as food or not. *The Wonder of Aging: A New Approach to Embracing Life After Fifty* giving you information deeper as different ways, you can find any guide out there but there is no reserve that similar with *The Wonder of Aging: A New Approach to Embracing Life After Fifty*. It gives you thrill looking at journey, its open up your personal eyes about the thing which happened in the world which is probably can be happened around you. You can actually bring everywhere like in recreation area, café, or even in your means home by train. In case you are having difficulties in bringing the branded book maybe the form of *The Wonder of Aging: A New Approach to Embracing Life After Fifty* in e-book can be your alternative.

##### Kelli Smith:

The actual book *The Wonder of Aging: A New Approach to Embracing Life After Fifty* has a lot info on it. So when you read this book you can get a lot of benefit. The book was published by the very famous author. The author makes some research prior to write this book. This specific book very easy to read you may get the point easily after perusing this book.

##### Vivian Stafford:

This *The Wonder of Aging: A New Approach to Embracing Life After Fifty* is great guide for you because the content and that is full of information for you who else always deal with world and have to make decision every minute. This kind of book reveal it details accurately using great manage word or we can point out no rambling sentences within it. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but challenging core information with splendid delivering sentences. Having *The Wonder of Aging: A New Approach to Embracing Life After Fifty* in your hand like keeping the world in your arm, details in it is not ridiculous 1. We can say that no guide that offer you world inside ten or fifteen tiny right but this guide already do that. So , this is certainly good reading book. Hey Mr. and Mrs. hectic do you still doubt that?

**Avis Marguez:**

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