



How Did I Get to Be 70 When I'm 35 Inside?: Spiritual Surprises of Later Life

Linda Douty

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Have the courage and curiosity to face the inner changes of aging - and learn how they can help you find meaning in your later years.

"I used to think that age sixty - five was the start of a slippery downward slope to the cemetery. But inside, I felt a surge of enormous energy, with the potential to approach aging as an uncharted adventure instead of a prison sentence."

- from the Introduction

Unlike other authors, spiritual director Linda Douty discusses the challenges and surprises of aging by talking about how you actually feel, not what you're supposed to feel. In a warm, down - to - earth voice, she offers a spiritually grounded method to adjust to the unexpected as you grow older. There is no one - size - fits - all here, but a variety of responses to the inner and outer transformations of aging and new ways of looking at them. She looks at surprises, welcome and unwelcome, concerning:

Self - image

The physical body

Relationships

Spiritual life

Questions for reflecting on who you are in this period of your life - or who you would like to be - will help you live each day more purposefully and joyfully.

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