

Ageless Soul THOMAS MOORE

In *Ageless Soul*, Thomas Moore reveals a fresh, optimistic, and rewarding path toward aging, a journey that need not be feared, but rather should be embraced and cherished. In Moore's view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person.

Using examples from his practice as a psychotherapist and teacher who lectures widely on the soul of medicine and spirituality, Moore argues for a new vision of aging: as a dramatic series of initiations rather than a diminishing experience, a passage that each of us has the tools — experience, maturity, imagination — to enjoy in the fullest way. *Ageless Soul* addresses:

- The many paths of spiritual growth and learning that open later in life
- The vital role of the elder and mentor in the lives of younger people
- Why melancholy is a natural part of aging, and how to accept it, rather than confuse it with depression
- Sex and sensuality
- Building new communities and leaving a legacy

Ageless Soul teaches listeners how to embrace the richness of experience and how to take life on, accept invitations to new vitality, and feel fulfilled as they grow older.

THOMAS MOORE is the #1 *New York Times* bestselling author of *Care of the Soul*, as well as many other books on deepening soul and cultivating a mature spiritual life, three of which have received the Books for a Better Life Award. At turns he has been a monk, a musician, a university professor, and a psychotherapist. Today he lectures widely on creating a more soulful world and on spirituality. He lives in New Hampshire.

READ BY THE AUTHOR
www.thomasmooresoul.com



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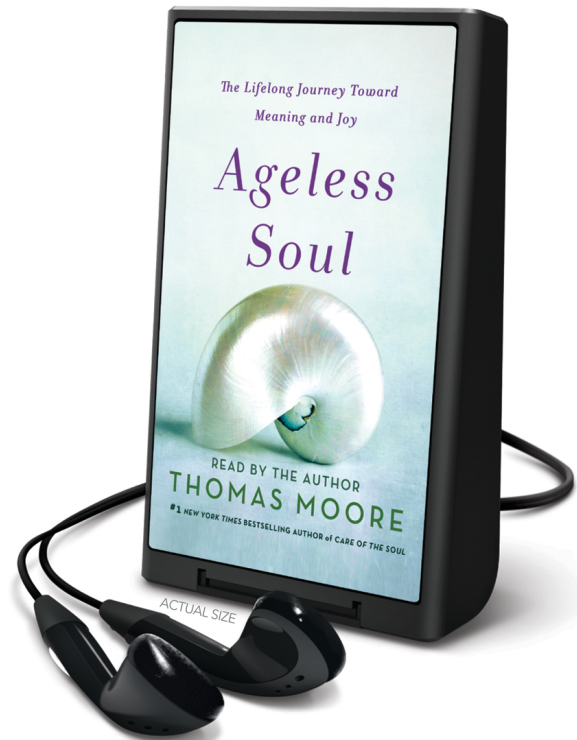
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