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Description. FROM THE NEW YORK TIMES BESTSELLING AUTHOR OF CARE OF THE SOUL COMES AN UPLIFTING MEDITATION ON THE ART OF GROWING OLDER. `Thomas Moore convinces us that we age best when we embrace our age, live agelessly, and remember every day to find the endless joy nestled inside our soul'.

Ageless Soul : An uplifting meditation on the art of ...

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Ageless Soul by Thomas Moore | The Book Room at Byron

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Ageless Soul - Source of Spirit

from the new york times bestselling author of care of the soul comes an uplifting meditation on the art of growing older `Thomas Moore convinces us that we age best when we embrace our age, live agelessly, and remember every day to find the endless joy nestled inside our soul'

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Thomas Moore is the renowned author of Care of the Soul, the classic #1 New York Times bestseller. In Ageless Soul, Moore reveals a fresh, uplifting, and inspiring path toward aging, one that need not be feared, but rather embraced and cherished. In Moore's view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person.

Ageless Soul: The Lifelong Journey Toward Meaning and Joy ...

'With Ageless Soul, Thomas Moore extends a magnificent invitation to reflect, grow up with joy and intention, and give back with an open heart. Accept and pleasure follows.' -- Marc Freedman, founder and CEO of Encore.org and author of The Big Shift 'In this profound and moving meditation upon aging, Thomas Moore offers us the keys to living well. Anyone facing the second half of life can gain from this lovely book a measure of wisdom and serenity.'

Ageless Soul by Thomas Moore | Waterstones

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FROM THE NEW YORK TIMES BESTSELLING AUTHOR OF CARE OF THE SOUL COMES AN UPLIFTING MEDITATION ON THE ART OF GROWING OLDER 'Thomas Moore convinces us that we age best when we embrace our age, live agelessly, and remember every day to find the endless joy nestled inside our soul' Dr Rudolph E. Tanzi, Professor of Neurology, Harvard Medical School, and New York Times bestselling author of Super Brain and Super Genes Ageless Soul reveals a fresh, optimistic and rewarding path towards ageing. Renowned psychotherapist and bestselling author Thomas Moore shows us that as we grow older we become more distinctive and complex. Drawing on stories from his practice as a psychotherapist and teacher, Moore argues for a new vision of ageing and shows readers how to embrace the richness of the experience and how to feel fulfilled as they grow older. Thomas Moore is the New York Times bestselling author of Care of the Soul, as well as many other books on enriching your life. 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. 'With Ageless Soul, Thomas Moore extends a magnificent invitation to reflect, grow up with joy and intention, and give back with an open heart. Accept and pleasure follows.' Marc Freedman, founder and CEO of Encore.org and author of The Big Shift

Thomas Moore is the renowned author of Care of the Soul, the classic #1 New York Times bestseller. In Ageless Soul, Moore reveals a fresh, optimistic, and rewarding path toward aging, one that need not be feared, but rather 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

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experience, one that each of us has the tools—experience, maturity, fulfillment—to live out. Subjects include: *Why melancholy is a natural part of aging, and how to accept it, rather than confuse it with depression *The vital role of the elder and mentor in the lives of younger people *The many paths of spiritual growth and learning that open later in life *Sex and sensuality *Building new communities and leaving a legacy Ageless Soul will teach readers how to embrace the richness of experience and how to take life on, accept invitations to new vitality, and feel fulfilled as they get older.

Ageless Body, Timeless Mind goes beyond current anti-aging research and ancient mind/body wisdom to dramatically demonstrate that we do not have to grow old! Dr. Chopra shows us that, contrary to traditional beliefs, we can learn to direct the way our bodies and minds metabolize time and actually reverse the aging process -- thereby retaining vitality, creativity, memory, and self-esteem. In a unique program that includes stress reduction, dietary changes, and exercise, Dr. Chopra offers a step-by-step, individually tailored regimen for maximum living in exceptionally good health. For the young at heart, here is the most remarkable approach yet to achieving unbound physical and spiritual potential.

Training your brain is the science of changing your negative belief system by reprogramming the subconscious mind in order to change your life's circumstances for the better. Practicing affirmations of gratitude on a continuous basis, teaches us to count our blessing instead of complaining and constantly begging the Universe or God for material things and healing, that He has given us the power to manifest on our own with the power of our own minds, by reprogramming the subconscious to bring about our true birthright as children of the Most High Creator. What makes this book stand out and different from other self-help books, is I have discovered the magic of Brainwave Entrainment and what real hypnosis is really all about, and the power of how to reprogram your subconscious mind to undo negative conscious beliefs that have influenced us for all the years we have lived. _TO UPDATE_

Every human life is made up of the light and the dark, the happy and the sad, the vital and the deadening. How you think about this rhythm of moods makes all the difference. Our lives are filled with emotional tunnels: the loss of a loved one or end of a relationship, aging and illness, career disappointments or just an ongoing sense of dissatisfaction with life. Society tends to view these "dark nights" in clinical terms as obstacles to be overcome as quickly as possible. But Moore shows how honoring these periods of fragility as periods of incubation and positive opportunities to delve the soul's deepest needs can provide healing and a new understanding of life's meaning. Dark Nights of the Soul presents these metaphoric dark nights not as the enemy, but as times of transition, occasions to restore yourself, and transforming rites of passage, revealing an uplifting and inspiring new outlook on such topics as: • The healing power of melancholy • The sexual dark night and the mysteries of matrimony • Finding solace during illness and in aging • Anxiety, anger, and temporary Insanities • Linking creativity, spirituality, and emotional struggles • Finding meaning and beauty in the darkness

The New York Times bestselling author and trusted spiritual adviser offers a follow-up to his classic Care of the Soul. Something essential is missing from modern life. Many who've turned away from religious institutions—and others who have lived wholly without religion—hunger for more than what contemporary secular life has to offer but are reluctant to follow organized religion's strict and often inflexible path to spirituality. In A Religion of One's Own, bestselling author and former monk Thomas Moore explores the myriad possibilities of creating a personal spiritual style, either inside or outside formal religion. Two decades ago, Moore's Care of the Soul touched a chord with millions of readers yearning to integrate spirituality into their everyday lives. In A Religion of One's Own, Moore expands on the topics he first explored shortly after leaving the monastery. He recounts the benefits of contemplative living that he learned during his twelve years as a monk but also the more original and imaginative spirituality that he later developed and embraced in his secular life. Here, he shares stories of others who are creating their own path: a former football player now on a spiritual quest with the Pueblo Indians, a friend who makes a meditative practice of floral arrangements, and a well-known classical pianist whose audiences sometimes describe having a mystical experience while listening to her performances. Moore weaves their experiences with the wisdom of philosophers, writers, and artists who have rejected materialism and infused their secular lives with transcendence. At a time when so many feel disillusioned with or detached from organized religion yet long for a way to move beyond an exclusively materialistic, rational lifestyle, A Religion of One's Own points the way to creating an amplified inner life and a world of greater purpose, meaning, and reflection.

Although we've been conditioned to think "middle aged" is practically a four-letter word, the realities of women in midlife today are far different than what our mothers experienced. Women in their 40s, 50s, and even 60s are living younger, vibrant lives. But influenced by our youth-obsessed culture, we fear that when we hit midlife, we stop being relevant and no longer have options—that it's simply too late for us. Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and on her experience as a therapist to show midlife is not the beginning of our decline—it is actually a time to pursue our dreams. In Your Best Age Is Now, she offers specific advice on how to change our perception of this next life phase and make the best of it by: • Letting go of stress to create a more balanced life; • Identifying false thinking that is holding us back; • Taking charge of our love life and relationships; • Staying relevant in the workplace or starting new, exciting careers; • Becoming more spiritual and leading a life of gratitude; and more. Your Best Age Is Now provides the guidance you need to reject the status quo, become more "you" than ever before, and find the kind of happiness you never thought possible.

Do you need a Miracle? Yes, this is possible! This book is specially configured (order of words) for you to Succeed in Meditation Without Really Trying. Quick effects. Some people reported beneficial effects from the very next day. However, beneficial effects occur between 3 days and 3 months, only in very rare cases it takes a longer time (6 months - 1 year). BUT I strongly recommend you to keep reading 3 mins (at least) a day, minimum 3 months because in this way the effects are very stable. You don't need a big chunk of your time or expensive programs. In this detailed and simple book, you find all the information you need. It gives you in detail a practical, very simple, effective and successful method. For good, I keep the price of the book as low as I can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact me and I will give you a free copy. Benefits of the method for you: - this method has for you quick, profound and long-term results, most of the time for life - it can be used by anyone - including you :) - you can use it anytime - you can use it almost anywhere, thus benefiting from the "idle times" of everyday life: tram, bus, train, subway, waiting somewhere, waiting for someone etc. - it is the easiest possible way for you to acquire and maintain an exceptional life This book is a practical book that has over 350 pages. This book describes in detail a practical, very simple, effective and quick-action method called Solaria Mind 1001 (NEW), that helps you to Succeed in Meditation Without Really Trying. In short, the Solaria Mind 1001 method consists of using positive thoughts,

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words, affirmations, emotions, and images. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. Everything is extremely simple! By reading this book, according to the given indications, you will have very rapid, positive, beneficial mental changes that will reflect in extraordinary, healthy habits and will produce real wonders in your life. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Succeed in Meditation Without Really Trying. Here are some sections in this book: Disclosed secret - Reading formula and efficient operation Very useful - details and composition of the actual method The remarkable benefits of the method Practical advice - everything matters In this book, I used over 1,980 positive words with a high frequency of vibration, placed in an order that would bring a very good transformation in your life. I have also used over 1,090 positive statements structured in a way that will quickly bring you to solve your problems. I have also used in this book over 360 gorgeous images that have the role of quickly impregnating your subconscious with positive feelings and emotions, opening up your way to a quick success to Succeed in Meditation Without Really Trying. You, also have a practical bonus in the pages of the book. Yes. The Miracle is possible!

Throughout history, the image of “wisdom” is exclusively portrayed by men: God, Socrates, Confucius, Merlin, the aging college professor. Where are their female counterparts? The wisdom of older women is indisputable. Having lived decades raising children, caring for husbands, creating “nests” from which progeny fly out of to be productive members of society, and often being forced to observe more than participate in the events around them, older women have unique insights that help future generations not only to survive but also to thrive. New York Times–bestselling author of Nice Girls Don’t Get the Corner Office, Dr. Lois Frankel, now honors and gives voice to the often marginalized and “invisible” older women in our society. From Los Angeles, California, to Shanghai, China, women over age seventy share wisdoms and stories that are heartwarming and hilarious, insightful and witty, and philosophical and practical. “When life gives you lemons,” says Jo-Ann Mercurio, born 1941, “add vodka.” Beautifully photographed and illustrated, *Ageless Women, Timeless Wisdom* is a precious record of our women’s reflections and takeaways on lives well-lived that is sure to be passed from grandmother to daughter to granddaughter.

The desire to soothe our souls has perhaps never been greater. This collection of lyrical meditations, prayers, contemplations, devotionals and psalms, can be the spiritual balm we desperately need right now. Enjoy 111 passages structured around nine metaphorical landscapes guiding the reader over emotional terrains on a journey toward peace and transcendence, while providing a sense of place to be mined for inner awareness. We can't help bring about much-needed change in the world if we aren't engaged in some form of self-healing. What is happening on the global stage is a reflection of what is transpiring within. *Sacred Landscapes of the Soul* gently assists in the process by helping us to find the wisdom, wit and wherewithal to embrace our challenges and celebrate our spiritual liberation. We are each meant to become a magnanimous and beneficial presence on the planet. When we consciously choose to align with the divine within, we tap into wellsprings of faith, hope, and connection. Together we heal the world--this comforting and encouraging message rings out from every page and will resonate with readers wherever they are on life's journey.

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