



Jewish Wisdom for Growing Older: Finding Your Grit and Grace Beyond Midlife

Dayle A. Friedman

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Growing Older Can Be a Time of Growing in Depth and Wisdom

"My sense is that the whole journey beyond midlife is a mysterious blend of light and dark, wholeness and fragility.... We have a chance beyond midlife to become the person we were truly meant to be. We can draw on everything we have experienced so far to contribute to the people around us and the wider world, and to find strength and resilience amid the challenges."
?from the Introduction

Whether you are fifty-five or seventy-five, approaching retirement or age one hundred, growing older brings remarkable opportunities but often also wrenching difficulties. Rabbi Dayle A. Friedman, a pioneer in reinventing and revaluing aging, mines ancient Jewish wisdom for values, tools and precedents to frame new callings and beginnings, shifting family roles, and experiences of illness and death.

For seekers of all faiths, for individuals and groups, for personal use and caregiving settings, Rabbi Friedman offers inspiration and guidance to help you make greater meaning and flourish amid the daunting challenges of aging.

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