

Wise Aging by Rabbi Rachel Cowan, Dr. Linda Thal

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Wise Aging Book Content Preview:

In Wise Aging: Living with Joy, Resilience, & Spirit, Rabbi RachelCowan and Dr. Linda Thal give us the tools we need tonavigate the challenges of aging as we find joy and meaningin our lives. With the same warmth, humor, and wisdom thatdraws thousands to their innovative workshops on aging,they deliver practical, real world suggestions: journalingexercises, meditations, and activities that dig deep and leadus to a better understanding of how to age well.

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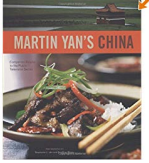
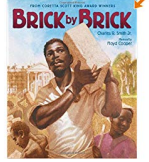
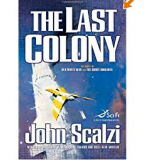
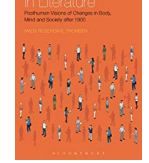
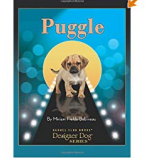
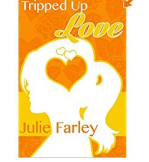

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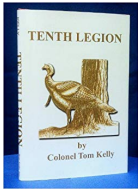
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