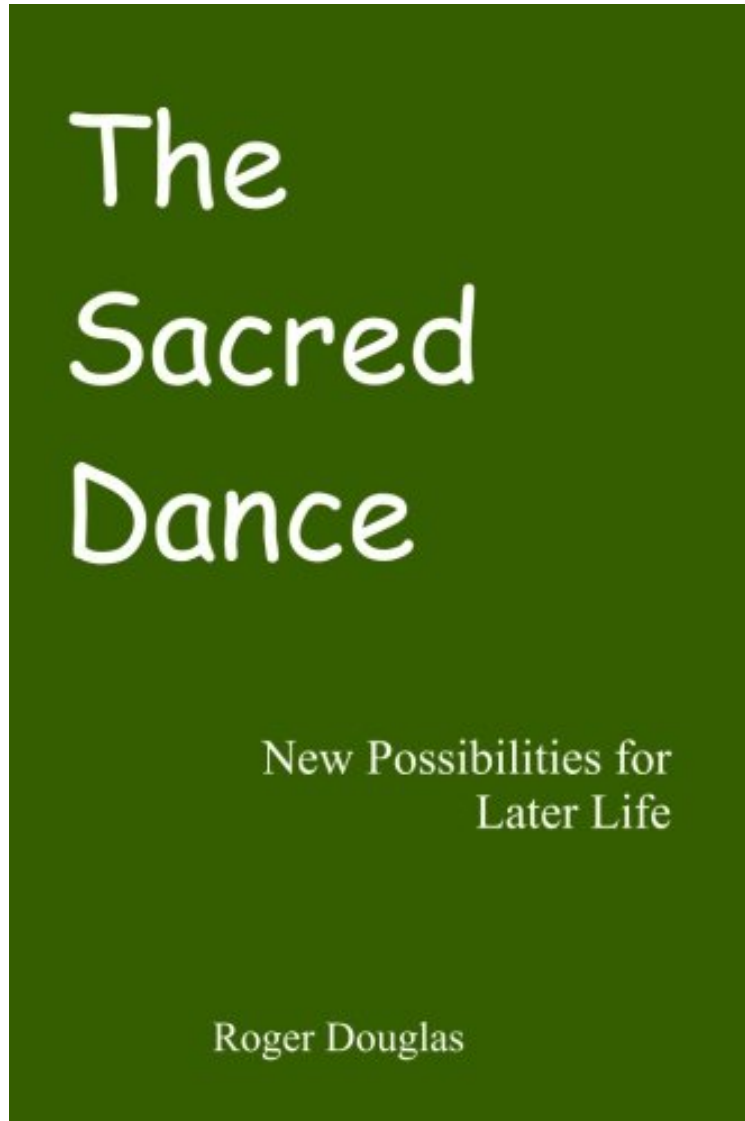


(Free and download) The Sacred Dance: New Possibilities for Later Life

The Sacred Dance: New Possibilities for Later Life

Dr. Roger Douglas

*DOC | *audiobook | ebooks | Download PDF | ePub*



 Download

 Read Online

#2884487 in Books Ingramcontent 2014-12-12Original language:EnglishPDF # 1 9.00 x .27 x 6.00l, .37
#File Name: 1503291456116 pagesThe Sacred Dance New Possibilities for Later Life | File size: 74.Mb

Dr. Roger Douglas : The Sacred Dance: New Possibilities for Later Life before purchasing it in order to gage whether or not it would be worth my time, and all praised The Sacred Dance: New Possibilities for Later Life:

0 of 0 people found the following review helpful. Good Read on Aging AttitudesBy Susan ShigenagaI am in my mid-sixties, and am frequently thinking about the next phase of my life.....often with fear and dread. I enjoyed this book! It is helpful in analyzing the many ways we may look at aging, and enlightening about our attitudes toward the "afternoon of life". (Our inner narrative has a significant impact on how we experience the aging process.) I especially enjoyed the author's knowledge around the phsycological and spiritual aspects of the aging process. Good read!0 of 0

people found the following review helpful. This is a beautifully written, thought provoking book on how to approach ...By Charlotte S. BlankThis is a beautifully written, thought provoking book on how to approach the aging process. Dr. Douglas gives practical suggestions along with spiritual insights that focus on the necessary mindful changes required in the transition from middle to older age. It is comforting and inspirational.Posted publicly as Charlotte S. Blank | Clear0 of 0 people found the following review helpful. GREAT BOOK BUT YOU SENT IT TO ME ON KINDAL ...By Robert E. MortensenGREAT BOOK BUT YOU SENT IT TO ME ON KINDAL AND I DON'T HAVE A KINDAL SO I BOUGHT THE BOOK ELSEWHERE. ISX IS A GOOD BUY.R E M

The Sacred Dance examines possibilities of change as our bodies become weaker and our memories less accurate. The focus is on the transition to new and creative ways to face the aging process. The writings refer to the changes that are made internally as one moves toward maturity. The book presents possible responses to aging. The hope is that you can elect to reorient your thinking regarding what happens in the second half of life. It explores the dangers we face in the attempt to maintain older established patterns. This book is an extended meditation on the aging narrative. It can also be used as a text for a course on changing attitudes toward growing old.

About the AuthorThe author is a well-known Episcopal priest who has led courses on aging and the meaning of change for your life. He has a reputation as a preacher and pastor. He has served as Rector of some of the largest Episcopal parishes in the Southwest. Dr. Douglas is the author of four books and has been a guest faculty and scholar in residence at three seminaries.