

Wise Aging

Rabbi Rachel Cowan, Dr. Linda Thal
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Living with JOY, RESILIENCE, & SPIRIT



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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

that draws thousands to their innovative workshops on aging, they deliver practical, real world suggestions: journaling exercises, meditations, and activities that dig deep and lead us to a better understanding of how to age well.