



Contemplative Aging: A Way of Being in Later Life

Edmund Sherman

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A unique guidebook for people at least sixty years of age on how to experience a more peaceful, aware way of being through contemplative practices and to transcend the many causes of suffering inherent in later life. In modern societies people are expected to remain "activity-oriented" in their later years, rather than change to a more contemplative, spiritual, and peaceful way of living. The latter, however, is ideally-suited to people in later life and offers many healthful benefits. Dr. Sherman explains why this is so in *Contemplative Aging*-a book that shows the way to add a different and deeper dimension to the activity-oriented image of older age promoted in the media, and how to transcend the many physical decrements and emotional losses of loved ones in later life. Extensive research evidence exists for achieving such a way life-called "gerotranscendence"-which is clearly described in *Contemplative Aging* along with the psychological and philosophical foundations and practices that can lead to the existential and spiritual benefits of gerotranscendence. Based on the author's ongoing work with older adults and the timeless literature on contemplative traditions around the world-expressed by poets, psychologists, philosophers, mystics, and rationalists-Dr. Sherman presents a range of contemplative practice methods and exercises designed for those already sixty years or older and the millions of "baby boomers" about to enter their later years of life.

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