



The Secret Promise of Aging: Finding Meaning, Joy and Inner Peace as Years Fly By

Christopher Foster

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As years creep by and illness or loss take their toll, we sometimes worry what lies in store for us or if we are on the right path. We wonder, perhaps, if life has meaning, or if we will be able to handle some challenge that is before us. With 41 practical meditations from the author's life, this gentle but strong book reminds us of the power of our ageless, unconquerable spirit. And it demonstrates through living examples how the courage and insight we need is always available to us as we listen to the wisdom of our heart.

Praised by best-selling author Sharon Salzberg as "full of generous insight and truth-telling," The Secret Promise of Aging will help you overcome adversities and experience deepening happiness and well-being at any age. Enriched with inspiring quotes, it is an easy, light and friendly read that you will return to again and again, and which will help you:

- Find joy
- Discover inner peace
- Engage with life more deeply regardless of your age
- See the wonder of the present moment
- Find meaning
- Age gracefully
- Find true happiness

Like all of us, 82-year-old author and blogger Christopher Foster has known both happiness and despair in his life. He invites us to tap more fully into the sheer joy of being alive and open our mind and heart to new possibilities even as our body slows down.

For more from Christopher please visit TheHappySeeker.com

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Alva Sexton:

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