



## Aging: The Fulfillment of Life

*Henri J.M. Nouwen, Walter J. Gaffney*

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**Aging: The Fulfillment of Life** Henri J.M. Nouwen, Walter J. Gaffney

We are all aging. We are each a spoke on the great wheel of life, part of the ongoing cycle of growth. In *Aging*, Henri J.M. Nouwen and Walter J. Gaffney share some moving and inspirational thoughts on what aging means (and *can* mean) to all of us, whether we're in our youth, middle age, or later years.

Enhanced by some eighty-five photographs depicting various scenes from life and nature, this book shows how to make the later years a source of hope rather than a time of loneliness -- a way out of darkness into the light. "Aging," the authors write, "is not a reason for despair, but a basis of hope, not a slow decaying, but a gradual maturing, not a fate to be undergone but a chance to be embraced." And they remind us of our responsibility to incorporate the aged into the fabric of our own lives -- helping them become teachers again so they may help *us* repair the fragmented connections between generations.

*Aging* shows us all how to start fulfilling our lives by giving to others, "so that when we leave this world, we can be what we have given." It is a warm, beautiful, and caring book: a simple reaffirmation of the promise of Him, who by His aging and death brought new life to this world.

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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try look for book, may be the guide untitled Aging: The Fulfillment of Life can be very good book to read. May be it is usually best activity to you.

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