



# Healing Your Grief About Aging: 100 Practical Ideas on Growing Older with Confidence, Meaning and Grace (Healing Your Grieving Heart series)

*Alan D. Wolfelt PhD, Kirby J. Duvall MD*

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Getting older goes hand in hand with losses of many kinds—ending careers, empty nests, illness, the deaths of loved ones—and this book by one of the world's most beloved grief experts helps one acknowledge and mourn the many losses of aging while also offering advice for living better in old age. The 100 practical tips and activities address the emotional, spiritual, cognitive, social, and physical needs of seniors who want to age authentically and gracefully, and each idea also includes a seize-the-day action to live fully and with joy in the present moment. For those who've just entered their 50s or are well on their way to the century mark, this book promises elder-friendly tips for comfort, laughter, and inspiration.

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