

PRESS RELEASE

Inspiring Readings for Spiritual Seekers Growing Older, Wiser, and Fiercer

Many of us navigating the years beyond midlife report high self-acceptance, freedom, and joy. However, there can also be bouts of second-guessing and regret and the occasional longing to be reminded that you're not in this alone. Walking readers through the most uplifting, passionate, as well as dangerous passages on the path of aging consciously, Carol Orsborn, Ph.D., presents inspired guidance to show you the way forward through every conceivable mood, opportunity, and stumbling block that may arise on the journey through the second half of life.

Designed to be read weekly in two-year cycles, the 120 timeless readings in this book focus on the issues and concerns that arise among those who view aging as a path to spiritual culmination. From transforming loneliness to solitude, loss of identity to freedom, anger to self-protection, fear to faith, and envy to love,

Orsborn's wise and compassionate insights are seasoned by quotes and stories by and about mystics, sages, and old souls from ancient through contemporary times who illuminate the path to living a full life while embracing old age. The connecting thread is the reminder that you have what it takes to shift from reacting with fear to the challenges of aging to accept them in a spirit of gratitude instead, as they help you grow not just old but whole.

At once unflinching and triumphant, the readings are both archetypal and personal, reminding readers of how far they've come and that, regardless of their circumstances, aging can be a life stage with spiritual meaning and purpose of its own.

About the Author: Carol Orsborn, Ph.D., is a leader in the conscious aging movement and editor-in-chief of *Fierce with Age: The Digest of Boomer Wisdom, Inspiration, and Spirituality*. The author of more than 35 books, including *The Spirituality of Age*, with Robert Weber, Ph.D., and *Older, Wiser, Fiercer*, as well as popular blogs on Huffington Post and [BeliefNet.com](https://beliefnet.com), she has served on the faculties of Georgetown University, Loyola Marymount University, and Pepperdine University. She lives with her husband in Madison, Tennessee, and Toronto, Ontario. <https://carolorsborn.com/>

About the Book: *Spiritual Aging Weekly Reflections for Embracing Life*

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