

Recommended Books That Support Aging Consciously **Compiled by Ron Pevny**

Anthony, Bolton (editor). *Second Journeys: The Dance of Spirit In Later Life* (Chapel Hill, N.C.: Second Journey Press, 2013)

Atchley, Robert. *Spirituality and Aging* (2009)

Baines, Barry K. *Ethical Wills: Putting Your Values on Paper* (New York: Perseus Publishing, 2001).

Blanchard, Janice (editor). *Aging In Community* (Chapel Hill: Second Journey Publications, 2013).

Cooper, Marc and James Selman. *The Elder* (Woodinville, Washington: Sahalie Press, 2011).

Dass, Ram. *Still Here: Embracing Aging, Changing, and Dying* (New York: Riverhead Books, 2000).

Davidson, Sara. *The December Project* (New York: Harper Collins, 2014).

De Assis, Sebastian. *ZENior CitiZEN* (Corvallis, Oregon: Blooming World Books, 2016).

Eberle, Scott. *The Final Crossing; Learning To Die In Order to Live (Big Pine, California: Lost Borders Press, 2006).*

Foster, Steven and Meredith Little. *The Roaring of the Sacred River: The Wilderness Quest for Vision and Self-Healing* (New York: Prentice Hall Press, 1989).

Frankel, Bruce. *What Should I Do With the Rest of My Life: True Stories of Finding Success, Passion and New Meaning in the Second Half of Life* (New York: Penguin, 2010).

Freed, Rachel. *Women's Lives, Women's Legacies: Passing Your Beliefs and Blessings to Future Generations* (Minneapolis: Fairview Press, 2003).

Freedman, Marc. *The Big Shift: Navigating the New Stage Beyond Midlife* (New York: PublicAffairs, 2011).

Freedman, Marc. *Encore: Finding Work that Matters in the Second Half of Life* (New York: PublicAffairs, 2008).

Freedman, Marc. *Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America* (New York: PublicAffairs, 1999).

Gawande, Atul. *Being Mortal* (New York: Metropolitan Books, 2014).

Goldman, Connie. *The Gifts of Caregiving* (Fairview Press and University of Minn. Center for Spirituality and Healing, 2015).

Hillman, James. *The Force of Character and the Lasting Life* (New York: Random House, 1999).

Houle, Marcy and Elizabeth Eckstrom, MD. *The Gift of Caring* (Lanham. Md: Taylor Trade Publishing, 2015).

Kalanithi, Paul. *When Breath Becomes Air* (New York: Random House, 2016).

Kaplan, Lily Myers. *Two Rare Bird: Stories of Death, Courage and Purpose* (Self Published, 2013)

Kelley, Tim. *True Purpose: 12 Strategies for Discovering the Difference You are Meant to Make* (Berkeley, California: Transcendent Solutions Press, 2009).

Lawrence-Lightfoot, Sara. *The Third Chapter: Passion, Risk and Adventure in the 25 Years After 50* (New York: Sarah Crichton Books, 2009).

Leider, Richard J. *The Power of Purpose: Find Meaning, Live Longer, Better* (San Francisco: Berrett-Koehler Publishers, 2010).

Leider, Richard J. *Claiming Your Place At the Fire* (San Francisco: Berrett-Koehler Publishers, 2004).

Leider, Richard and Webber, Alan. *Life Reimagined* (San Francisco: Berrett-Koehler, 2013).

Lesser, Elizabeth. *Broken Open: How Difficult Times Can Help Us Grow* (New York: Villard Books, 2004).

Lesser, Elizabeth, *Marrow* (New York: Harper Collins, 2016)

Levine, Stephen. *A Year To Live: How To Live This Year As If It Were Your Last* (New York: Bell Tower, 1997).

Levy, Susan, DC. *Your Aging Body Can Talk* (Chino Valley, Az: Kalindi Press, 2016).

Life Planning Network (50 contributing writers). *Live Smart After 50: The Expert's Guide to Life Planning for Uncertain Times* (Boston: Life Planning Network, 2012).

Loverde, Joy. *Who Will Take Care of Me When I'm Old* (New York: Da Capo Press, 2017).

Markova, Dawna. *I Will Not Die an Unlived Life: Reclaiming Purpose and Passion* (San Francisco: Conari Press, 2000).

Newhouse, Meg. *Legacies of the Heart* (EBook Bakery Books, 2015)

Norup, Willie. *I Ching for Wise Living and Aging* (Sonoma, Ca: Norfam Pub, 2015).

Pevny, Ron. *Conscious Living, Conscious Aging: Embrace and Savor Your Next Chapter* (Hillsboro, Oregon: Beyond Words, 2014).

Pillemer, Karl. *30 Lessons for Living: Tried and True Advice from the Wisest Americans* (New York: Hudson Street Press, 2011).

Pinkson, Tom. *Fruitful Aging: Finding the Gold In the Golden Years* (San Anselmo, California: Self Published, 2012).

Plotkin, Bill. *Nature and the Human Soul: Cultivating Wholeness and Community In a Fragmented World* (Novato California: New World Library, 2008).

Richmond, Lewis. *Aging As a Spiritual Practice* (New York: Gotham Books, 2012).

Robinson, John C. *The Divine Human: The Final Transformation of Sacred Aging* (Winchester, UK: O-Books, 2016).

Rohr, Richard. *Falling Upward: A Spirituality for the Two Halves of Life* (San Francisco: Jossey-Bass, 2011).

Sands, Karen. *The Ageless Way: Illuminating the New Story of Our Age* (Roxbury, Ct: Broad Minded Publishing, 2016).

Schachter-Shalomi, Zalman and Ronald S. Miller, *From Age-ing to Sage-ing: A Profound New Vision of Growing Older* (New York: Warner Books, 1997; new edition released in 2014).

Walsh, Roger. *Essential Spirituality: The Seven Practices to Awaken Heart and Mind* (New York: Wiley and Sons, 1999).

Weber, Robert and Orsborn, Carol. *The Spirituality of Age* (Rochester, Vermont: Park Street Press, 2015).

Wyatt, Karen M. M.D. *What Really Matters: Seven Lessons for Living From the Stories of the Dying* (New York: Select Books, 2011).