



Ancient Wisdom and the Measure of Our Days: The Spiritual Dimensions of Retirement, Aging and Loss

By Fred Brancato

Strategic Book Publishing. Paperback. Book Condition: New. Paperback. 60 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. There are common themes running through diverse religious traditions. In a beautiful way, this book highlights their special relevance for aging. Brancato says the longer we live, the more likely we are to experience great losses, along with the inevitable diminishing of our physical and mental capacities. His 50 years of studying the worlds religions, combined with his own experiences, present sage advice on how to react to the realities of aging. Those who have read his words of compassion say they will read them again and again. Ancient Wisdom and the Measure of Our Days is a treasure. Brancato provides his readers with the opportunity to reflect on the universal process of aging while in the company of sages from around the world. It is a loving and gentle text that all will find comfort in. -- Melinda Plastas, Ph. D. , Bates College Fred Brancato holds a Ph. D. from New York Universitys Department of Culture and Communication. His career path includes professional baseball player, social worker, teacher, foundation director and executive director of a child welfare association. He now teaches Tai Chi...



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