

"Susan Moon's stories are wonderful companions and guides as I go about my
ordinary life." —Marianne Kung-Kingston

this is getting old



Zen Thoughts on Aging
with Humor and Dignity



Susan Moon

This Is Getting Old Zen Thoughts On Aging With Humor And Dignity

Corinne G. Dempsey



This Is Getting Old Zen Thoughts On Aging With Humor And Dignity:

This Is Getting Old Susan Moon, 2010-06-08 Inspiring lessons on growing older with grace and laughter from a Zen teacher and writer who is like a Buddhist Anne Lamott New York Journal of Books Being a woman over sixty can sometimes be confusing sometimes poignant and sometimes hilarious In this intimate and funny collection of essays Zen Buddhist and writer Susan Moon maintains her sense of humor as she provides thoughtful insights on getting older In **This Is Getting Old** Moon touches on both the ups and downs of aging Her bones are weakening but she still feels her inner tomboy She finds herself both an orphan and a matriarch following the death of her mother She admits to sometimes regretting pieces of her past and to being afraid of loneliness These musings written with Moon's signature wit and grace are a touching exploration and celebration of life age and our senior moments plus a powerful reminder to be in the here and now **This Is Getting Old** Susan Moon, 2010-06-08 Inspiring lessons on growing older with grace and laughter from a Zen teacher and writer who is like a Buddhist Anne Lamott New York Journal of Books Being a woman over sixty can sometimes be confusing sometimes poignant and sometimes hilarious In this intimate and funny collection of essays Zen Buddhist and writer Susan Moon maintains her sense of humor as she provides thoughtful insights on getting older In **This Is Getting Old** Moon touches on both the ups and downs of aging Her bones are weakening but she still feels her inner tomboy She finds herself both an orphan and a matriarch following the death of her mother She admits to sometimes regretting pieces of her past and to being afraid of loneliness These musings written with Moon's signature wit and grace are a touching exploration and celebration of life age and our senior moments plus a powerful reminder to be in the here and now **Shameful Bodies** Michelle Mary Lelwica, 2017-01-12 What happens when your body doesn't look how it's supposed to look or feel how it's supposed to feel or do what it's supposed to do Who or what defines the ideals behind these expectations How can we challenge them and live more peacefully in our bodies **Shameful Bodies** Religion and the Culture of Physical Improvement explores these questions by examining how traditional religious narratives and modern philosophical assumptions come together in the construction and pursuit of a better body in contemporary western societies Drawing on examples from popular culture such as self help books magazines and advertisements Michelle Mary Lelwica shows how these narratives and assumptions encourage us to go to war against our bodies to fight fat triumph over disability conquer chronic pain and illness and defy aging Through an ethic of conquest and conformity the culture of physical improvement trains us not only to believe that all bodily processes are under our control but to feel ashamed about those parts of our flesh that refuse to comply with the cultural ideal Lelwica argues that such shame is not a natural response to being fat physically impaired chronically sick or old Rather body shame is a religiously and culturally conditioned reaction to a commercially fabricated fantasy of physical perfection While **Shameful Bodies** critiques the religious and cultural norms and narratives that perpetuate external and internalized judgment and aggression toward shameful bodies it also engages the resources of religions especially feminist theologies and Buddhist

thought practice to construct a more affirming approach to health and healing an approach that affirms the diversity fragility interdependence and impermanence of embodied life Spirituality, Religion, and Aging Holly Nelson-Becker,2017-02-01

Spirituality Religion and Aging Illuminations for Therapeutic Practice by Holly Nelson Becker is a highly integrative book written for students professionals in aging ministers and older adults themselves Readers will gain the knowledge and skills they need to assess engage and address the spiritual and religious needs of older persons Taking a fresh approach that breaks new ground in the field the author discusses eight major world religions and covers values and ethics theories interventions health and caregiving depression and anxiety dementia and the end of life Meditations and exercises throughout the book allow readers to expand and explore their personal understanding of spirituality Referencing the latest research the book includes assessments and skill based tools designed to help practitioners enhance the mental health of older people *Second Wind* Dr. Bill Thomas,William H. Thomas,2015-03-24 Dr Bill Thomas one of the most innovative thinkers in medicine explains that a new life phase is beginning to emerge within our society When the Baby Boom generation came of age in the 1960s and 1970s they jump started a cultural revolution that shaped today s society Now many feel they are living a life of frenzied disharmony This out of balance feeling is a signal that you are ready for your second coming of age your life beyond adulthood This title illuminates how to recognize and navigate the most challenging and fulfilling developmental stage of life Publishe s description **What Is Zen?** Norman Fischer,Susan Moon,2016-02-09 An thorough introduction to Zen Buddhist practice in a reader friendly question and answer format by two highly regarded teacher writers This unique introduction to Zen teaching and practice is structured as a Q A making it a most useful reference for new and seasoned practitioners to look things up The questioner Susan Moon and the answerer Norman Fischer are Buddhist teachers and old friends each with a unique gift for articulation Their friendly conversation covers not only the basics of Zen Buddhism but a range of issues unique to Zen in America in the twenty first century including What is zazen and how do you do it Where did Zen start and where did it come from Will I have an enlightenment experience What is the law of karma in a nutshell What do Zen Buddhists say about rebirth How do you recognize a good solid Zen teacher Moon and Fischer s conversations are both humorous and informative providing a good basic education in Zen not only the history theory and practice but also contemporary issues such as gender inequality sexual ethics and the tension between Asian traditions and the modern American reality **The Contemplative Practitioner** John P. Miller,2014-01-01 Describes how the experience of the whole through mindful contemplation can release energy and knowledge for practical use in the classroom and in the place of business *How to Teach Holistically* John P. Miller,2025-08-11 This illuminating How to guide provides an overview of holistic teaching in higher education Addressing the issue of fragmentation in educational settings John Miller discusses teaching methods which focus on the entire person body mind and spirit Al-Mutanabbi Street Starts Here Beau Beausoleil,Deema Shehabi,2012-08-20 On March 5th 2007 a car bomb was exploded on al

Mutanabbi Street in Baghdad More than thirty people were killed and more than one hundred were wounded This locale is the historic center of Baghdad bookselling a winding street filled with bookstores and outdoor book stalls Named after the famed 10th century classical Arab poet al Mutanabbi it has been the heart and soul of the Baghdad literary and intellectual community This anthology begins with a historical introduction to al Mutanabbi Street and includes the writing of Iraqis as well as a wide swath of international poets and writers who were outraged by this attack This book seeks to show where al Mutanabbi Street starts in all of us personally in our communities and in our nations It seeks to show the commonality between this small street in Baghdad and our own cultural centers and why this attack was an attack on us all This anthology sees al Mutanabbi Street as a place for the free exchange of ideas a place that has long offered its sanctuary to the complete spectrum of Iraqi voices This is where the roots of democracy in the best sense of that word took hold many hundreds of years ago This anthology looks toward al Mutanabbi Street as an affirmation of all that we hope for in a more just society Contributors include Beau Beausoleil Musa al Musawi Anthony Shadid Mousa al Naseri Naomi Shihab Nye Deena Metzger Sam Hamod Lutfiya Al Dulaimi Zaid Shlah Persis Karim Ayub Nuri Marian Haddad Sarah Browning Eileen Grace O Malley Callahan Roger Sederat Eline Lipkin Esther Kamkar Robert Perry Gloria Collins Brian Turner Gloria Frym Owen Hill Abd al Rahim Salih al Rahim Yassin The Narcicyst Alsalman Jose Luis Gutierrez Sargon Boulus Peter Money Sinan Antoon Muhammad al Hamrani Livia Soto Janet Sternburg Sam Hamill Salah Al Hamdani Gail Sher Dunya Mikhail Irada Al Jabbouri Dilara Cirit Niamh MacFionnlaoich Erica Goss Daisy Zamora George Evans Steve Dickison Maysoon Pachachi Summer Brenner Jen Hofer Rijin Sahakian Badr Shakir al Sayyab Jane Hirshfield Jack Marshall Susan Moon Diana di Prima Evelyn So Nahrain Al Mousawi Ko Un Joe Lamb Katrina Rodabaugh Mohammed Hayawi Nazik Al Malaika Raya Asee Gazar Hantoosh Mark Abley Majid Naficy Lewis Buzbee Ibn al Utri Thomas Christensen Amy Gerstler Genny Lim Saadi Youssef Judith Lyn Suttton Josh Kun Dana Teen Lomax Etel Adnan Bushra Al Bustani Marilyn Hacker Richard Harrison Fady Joudah Philip Metres Hayan Charara Annie Finch Kazim Ali Deema K Shehabi Kenneth Wong Elmaz Abinader Habib Tengour Khaled Mattawa Rachida Madani Amina Said Alise Alousi Sita Carboni Fran Bourassa Jabez W Churchill Daniela Elza Linda Norton Fred Norman Bonnie Nish Janet Rodney Adrienne Rich Cornelius Eady Julie Bruck Kwame Dawes Ralph Angel B H Fairchild Terese Svoboda Mahmoud Darwish Amir el Chidiac Aram Saroyan Sholeh Wolpe Nathalie Handal Azar Nafisi Dima Hilal Tony Kranz Jordan Elgrably devorah major Suzy Malcolm Ibrahim Nasrallah Rick London Sarah Menefee Roberto Harrison Fadhil Al Azzawi Amaranth Borsuk Lamees Al Ethari Shayma al Saqr Meena Alexander and Jim Natal Finding Meaning and Success Chris Palmer, 2021-07-10 This book will help you design and create the best version of yourself It will give you the chance to shape the kind of person you want to be and to articulate the goals you want to achieve in your life both professionally and personally It will help you behave in ways that are true to your most honorable and generous self It is a practical guide for people who are interested in leading a more meaningful and successful life or helping others to do so It

teaches you how to author your own life and how to make commitments to yourself and others that will transform your life for the better You ll learn to reflect on your life think about what really matters to you and how to create a personal mission statement You ll think about your values articulate your goals and manage your time effectively You ll explore what it means to live an examined life At the end of each chapter there are questions to think about and actions to take that reinforce the key messages

[The Heart's Awakening](#) Bodhipaksa,2025-10-14 A step by step guide to cultivating kindness compassion and joy through Buddhist meditation Bodhipaksa offers 108 reflections to help us rediscover love in our lives

The Mindfulness Revolution Barry Boyce,2011-03-08 A collection of essays on the benefits and everyday applications of mindfulness featuring contributions from Thich Nhat Hanh Jon Kabat Zinn and more A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health Countless people who have tried it say it s improved their quality of life Simply put mindfulness is the practice of paying steady and full attention without judgment or criticism to our moment to moment experience Here is a collection of the best writing on what mindfulness is why we should practice it and how to apply it in daily life from leading figures in the field Selections include Leading thinker Jon Kabat Zinn on the essence of mindfulness stress reduction and positive change Zen teacher Thich Nhat Hanh on the transformative power of mindful breathing Professor of psychiatry Daniel Siegel MD on how mindfulness benefits the brain Physician and meditation teacher Jan Chozen Bays MD on how and why to practice mindful eating Pioneering psychologist Ellen Langer on how mindfulness can change the understanding and treatment of disease Leadership coach Michael Carroll on practicing mindfulness at work Psychologist Daniel Goleman on a mindful approach to shopping and consuming Pianist Madeline Bruser on how mindfulness can help us overcome performance anxiety And much more The Mindfulness Revolution also includes an in depth discussion by writer editor Barry Boyce about how mindfulness is being applied in a variety of professional fields from health care to education from performing arts to business to improve effectiveness and enhance well being

The Best Buddhist Writing 2011 Melvin McLeod,Editors of the Shambhala Sun,2011-09-20 A thought provoking mix of the most notable and insightful Buddhism inspired writing published in the last year The Best Buddhist Writing 2011 includes Karen Miller s story of love marriage and dishes Joanna Macy on the First Noble Truth and healing from the legacy of Chernobyl Brian Haycock s taxi ride on the Dharma Road His Holiness the Dalai Lama s manifesto on tolerance Dzogchen Ponlop on the rebel buddha inside you An adoption love story by Leza Lowitz Ira Sukrungruang s humorous meditation on death Elizabeth Mattis Namgyel on finding the courage to live in reality as it is Susan Piver on the wisdom of a broken heart Thich Nhat Hanh on healing the wounded child within Matthieu Ricard s answer to the question why meditate Rick Bass on the lessons of the Gulf oil spill Pico Iyer s insider s look at the heart of the Dalai Lama And much more

A View from Life's Edge Corinne G. Dempsey,2025-10-14 In today s death denying success driven society older women s countercultural voices call for our attention Recounting emotionally charged conversations from across the world A View from Life s Edge reflects

on women's comfort with impending death gratitude forged by catastrophe and humility that makes way for wonder Speaking with nearly one hundred women over the age of eighty in four locations northern Iceland south India a retirement community in California and a convent in upstate New York Corinne G Dempsey finds that as we near life's end we gain clarity about what really matters in life Women's stories and reflections in which sorrow and loss are central to a life well lived help to expand our sense of what it means to be human Drawing on the paradoxical wisdom of world religions and mystical traditions to frame late life tendencies across cultures Dempsey portrays these accounts as a corrective to mainstream values that defeat and diminish us Dempsey encourages us to turn away from ageist fears rather than denying life's inevitable end Learning from older women's perspectives we might move their edge of life views closer to the center

Making Friends with the Menopause Sarah Rayner, 2022-09-26 Night sweats mood swings weight gain the menopause can be a challenging time leaving us feeling isolated and as if we're losing touch with ourselves But you are not alone Making Friends with the Menopause is here to help From bestselling author Sarah Rayner with Dr Patrick Fitzgerald comes a clear and comforting guide to the menopause that reads like a chat with a good friend Written with warmth and humour and packed with practical bite size tips from women experiencing menopause themselves as well as essential insights from Dr Patrick this life changing little handbook includes Comprehensive guidance on the range of treatments available including traditional and complementary medicine Tried and tested tips to alleviate the symptoms of menopause including hot flushes insomnia forgetfulness and rising anxiety How to deal with the psychological impact of hormonal changes and lift your self esteem Suggestions for your sex life and how to talk to your partner about the change you're going through How to find the joy in this period and focus more on yourself and your own wellbeing If you're struggling with the symptoms of menopause simply want to take care of yourself well or if you're looking for support from a friend who knows exactly how you feel Making Friends with the Menopause will be your guide It will give you the understanding and confidence you need to navigate this profound change and fully embrace this new chapter of your life with open arms Read what everyone is saying about Making Friends with the Menopause Would give 10 stars if I could Love this book Amazon reviewer 5 stars The best I have ever read about the menopause I learnt so much about myself and at what stage I am at Amazon reviewer 5 stars Fabulous A must read for every woman 40 Sensible comprehensive factual positive giving lots of great information and advice I'm left feeling much more positive about my perimenopause Amazon reviewer 5 stars Brilliant and makes you feel like you are not alone feels like talking to a friend I felt so much better after reading it and keep dipping into it when I need a reminder Amazon reviewer 5 stars Superb can't praise it enough Made me realise I am normal thank goodness Amazon reviewer 5 stars Incredibly helpful and informative so helpful I can't recommend it enough Amazon reviewer 5 stars Comforting words and real life examples I felt much better simply having read this Amazon reviewer 5 stars *The Writers Directory*, 2013 **The Publishers Weekly**, 2010 **Lebe deine eigene Melodie** Irmtraud Tarr, 2012-08-27 Iiterwerden

kann auch positiv sein Nachdenken über sich selbst Ich werde älter na und In der Lebensmitte bekommt unser Leben
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pers nlichen Geschicks Nun geht es nicht mehr darum m glichst viel zu erreichen sondern darum Beschr nkungen als
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Ratgeberliteratur Die positiven Aspekte der Freiheit des Alterns erkennen *Cultures of Ageing and Ageism in India*
Kaustav Bakshi, Paromita Chakravarti, 2024-01-30 This book examines the discourses on ageing and ageism in Indian culture
politics art and society It explores its representations and the anxieties fears and vulnerabilities associated with ageing The
volume looks at ageing within the contexts of the larger discourses of gender sexuality nation health and the performance
and politics of ageing The chapters grapple with diverse issues around ageing and elder care in contemporary India shifts in
socio economic conditions and the breakdown of the heteropatriarchal family The book includes personal accounts and
narratives that detail the daily experiences of ageing and living with disease anxiety loneliness and loss for both elders and
their friends and families The book also explores the models of alternative networks of kinship and care that queer elders in
India create in India as well as examining narratives in society art sports and popular culture that both critique and challenge
stereotypical ideas about the desires aspirations and mental and physical capabilities of elders Topical and comprehensive
this book will be useful for scholars and researchers of gerontology literature cultural studies popular culture sociology social
psychology queer studies gender studies social anthropology and South Asian studies New York Magazine ,1995-03-06
New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for
itself as the trusted resource for readers across the country With award winning writing and photography covering
everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its
audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

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