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`Thomas Moore convinces us that we age best when we embrace  
our age, live agelessly, and remember every day to find the endless  
joy nestled inside our soul'.

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Thomas Moore is the renowned author of Care of the Soul, the classic #1 New York Times bestseller. In Ageless Soul, Moore reveals a fresh, uplifting, and inspiring path toward aging, one that need not be feared, but rather embraced and cherished. In Moore ' s view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person.

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'With Ageless Soul, Thomas Moore extends a magnificent invitation to reflect, grow up with joy and intention, and give back with an open heart. Accept and pleasure follows.' -- Marc Freedman, founder and CEO of Encore.org and author of The Big Shift `In this profound and moving meditation upon aging, Thomas Moore

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offers us the keys to living well. Anyone facing the second half of life can gain from this lovely book a measure of wisdom and serenity.'

Ageless Soul by Thomas Moore | Waterstones

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'Thomas Moore convinces us that we age best when we embrace our age, live agelessly, and remember every day to find the endless joy nestled inside our soul' Dr Rudolph E. Tanzi, Professor of Neurology, Harvard Medical School, and New York Times bestselling author of Super Brain and Super Genes Ageless Soul reveals a fresh, optimistic and rewarding path towards ageing. Renowned psychotherapist and bestselling author Thomas Moore shows us that as we grow older we become more distinctive and complex. Drawing on stories from his practice as a psychotherapist and teacher, Moore argues for a new vision of ageing and shows readers how to embrace the richness of the experience and how to feel fulfilled as they grow older. Thomas Moore is the New York Times bestselling author of Care of the Soul, as well as many other books on enriching your life. At turns he has been a monk, a musician, a university professor, and a psychotherapist. Today he lectures widely on creating a more soulful world and on spirituality. 'With Ageless Soul, Thomas Moore extends a magnificent invitation to reflect, grow up with joy and intention, and give back with an open heart. Accept and pleasure follows.' Marc Freedman, founder and CEO of Encore.org and author of The Big Shift

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reveals a fresh, optimistic, and rewarding path toward aging, one that need not be feared, but rather embraced and cherished. In Moore ' s view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person. Using examples from his practice as a psychotherapist and teacher who lectures widely on the soul of medicine and spirituality, Moore argues for a new vision of aging: as a dramatic series of initiations, rather than a diminishing experience, one that each of us has the tools—experience, maturity, fulfillment—to live out. Subjects include: \*Why melancholy is a natural part of aging, and how to accept it, rather than confuse it with depression \*The vital role of the elder and mentor in the lives of younger people \*The many paths of spiritual growth and learning that open later in life \*Sex and sensuality \*Building new communities and leaving a legacy Ageless Soul will teach readers how to embrace the richness of experience and how to take life on, accept invitations to new vitality, and feel fulfilled as they get older.

Ageless Body, Timeless Mind goes beyond current anti-aging research and ancient mind/body wisdom to dramatically demonstrate that we do not have to grow old! Dr. Chopra shows us that, contrary to traditional beliefs, we can learn to direct the way our bodies and minds metabolize time and actually reverse the aging process -- thereby retaining vitality, creativity, memory, and self-esteem. In a unique program that includes stress reduction, dietary changes, and exercise, Dr. Chopra offers a step-by-step, individually tailored regimen for maximum living in exceptionally good health. For the young at heart, here is the most remarkable approach yet to achieving unbound physical and spiritual potential.

Explains how to use times of challenge, disappointment, illness, and dissatisfaction as an opportunity to explore the soul's deepest needs in order to provide healing and a new understanding of the meaning of life.

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In this special twenty-fifth anniversary edition of Thomas Moore ' s bestselling *Care of the Soul*, which includes a new introduction by the author, readers are presented with a revolutionary approach to thinking about daily life—everyday activities, events, problems, and creative opportunities—and a therapeutic lifestyle is proposed that focuses on looking more deeply into emotional problems and learning how to sense sacredness in ordinary things. Basing his writing on the ancient model of “ care of the soul ” —which provided a religious context for viewing the everyday events of life—Moore brings “ care of the soul ” into the twenty-first century. Promising to deepen and broaden the readers ' perspectives on their life experiences, Moore draws on his own life as a therapist practicing “ care of the soul, ” as well as his studies of the world ' s religions and his work in music and art, to create this inspirational guide that examines the connections between spirituality and the problems of individuals and society.

“ Thoughtful, eloquent, inspiring. ” —San Francisco Chronicle  
“ I soulfully recommend it without reservation. ” —John Bradshaw, author of *Homecoming*

Training your brain is the science of changing your negative belief system by reprogramming the subconscious mind in order to change your life ' s circumstances for the better. Practicing affirmations of gratitude on a continuous basis, teaches us to count our blessing instead of complaining and constantly begging the Universe or God for material things and healing, that He has given us the power to manifest on our own with the power of our own minds, by reprogramming the subconscious to bring about our true birthright as children of the Most High Creator. What makes this book stand out and different from other self-help books, is I have discovered the magic of Brainwave Entrainment and what real hypnosis is really all about, and the power of how to reprogram your subconscious mind to undo negative conscious beliefs that have



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influenced us for all the years we have lived. \_TO UPDATE\_

Thomas Moore explores the myriad possibilities of creating a personal spiritual style, either inside or outside formal religion. Two decades ago, Moore's *Care of the Soul* touched a chord with millions yearning to integrate spirituality into their lives. He now recounts the benefits of contemplative living that he learned during his monastic years, but also the more imaginative spirituality that he later embraced. Moore weaves experiences of everyday people with the wisdom of philosophers, writers and artists who have infused their lives with transcendence.

Although we 've been conditioned to think "middle aged" is practically a four-letter word, the realities of women in midlife today are far different than what our mothers experienced. Women in their 40s, 50s, and even 60s are living younger, vibrant lives. But influenced by our youth-obsessed culture, we fear that when we hit midlife, we stop being relevant and no longer have options—that it 's simply too late for us. Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and on her experience as a therapist to show midlife is not the beginning of our decline—it is actually a time to pursue our dreams. In *Your Best Age Is Now*, she offers specific advice on how to change our perception of this next life phase and make the best of it by:

- Letting go of stress to create a more balanced life;
- Identifying false thinking that is holding us back;
- Taking charge of our love life and relationships;
- Staying relevant in the workplace or starting new, exciting careers;
- Becoming more spiritual and leading a life of gratitude; and more.

*Your Best Age Is Now* provides the guidance you need to reject the status quo, become more "you" than ever before, and find the kind of happiness you never thought possible.

A job is never just a job. It is always connected to a deep and

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invisible process of finding meaning in life through work. In Thomas Moore ' s groundbreaking book *Care of the Soul*, he wrote of “ the great malady of the twentieth century...the loss of soul. ” That bestselling work taught readers ways to cultivate depth, genuineness, and soulfulness in their everyday lives, and became a beloved classic. Now, in *A Life ' s Work*, Moore turns to an aspect of our lives that looms large in our self-regard, an aspect by which we may even define ourselves—our work. The workplace, Moore knows, is a laboratory where matters of soul are worked out. *A Life ' s Work* is about finding the right job, yes, and it is also about uncovering and becoming the person you were meant to be. Moore reveals the quest to find a life ' s work in all its depth and mystery. All jobs, large and small, long-term and temporary, he writes, contribute to your life ' s work. A particular job may be important because of the emotional rewards it offers or for the money. But beneath the surface, your labors are shaping your destiny for better or worse. If you ignore the deeper issues, you may not know the nature of your calling, and if you don ' t do work that connects with your deep soul, you may always be dissatisfied, not only in your choice of work but in all other areas of life. Moore explores the often difficult process—the obstacles, blocks, and hardships of our own making—that we go through on our way to discovering our purpose, and reveals the joy that is our reward. He teaches us patience, models the necessary powers of reflection, and gives us the courage to keep going. *A Life ' s Work* is a beautiful rumination, realistic and poignant, and a comforting and exhilarating guide to one of life ' s biggest dilemmas and one of its greatest opportunities.

The desire to soothe our souls has perhaps never been greater. This collection of lyrical meditations, prayers, contemplations, devotionals and psalms, can be the spiritual balm we desperately need right now. Enjoy 111 passages structured around nine metaphorical landscapes guiding the reader over emotional terrains on a journey toward peace and transcendence, while providing a

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sense of place to be mined for inner awareness. We can't help bring about much-needed change in the world if we aren't engaged in some form of self-healing. What is happening on the global stage is a reflection of what is transpiring within. Sacred Landscapes of the Soul gently assists in the process by helping us to find the wisdom, wit and wherewithal to embrace our challenges and celebrate our spiritual liberation. We are each meant to become a magnanimous and beneficial presence on the planet. When we consciously choose to align with the divine within, we tap into wellsprings of faith, hope, and connection. Together we heal the world--this comforting and encouraging message rings out from every page and will resonate with readers wherever they are on life's journey.

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