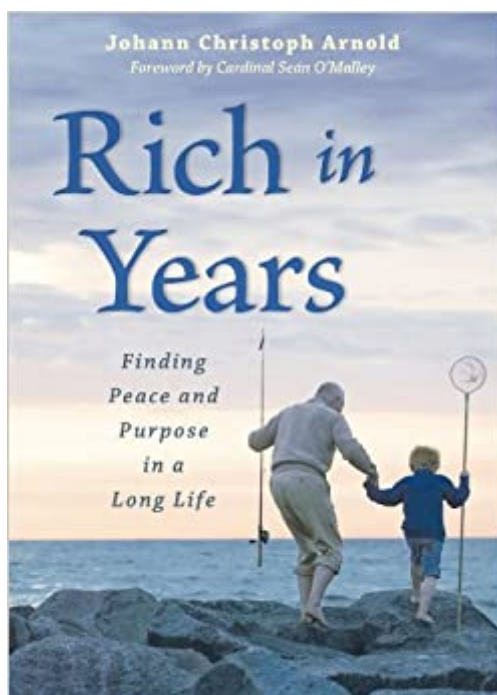


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# Rich In Years: Finding Peace And Purpose In A Long Life



## Synopsis

Johann Christoph Arnold, admired by such prominent spiritual and inspirational leaders as Nelson Mandela, Mother Teresa, Cardinal Dolan, Pete Seeger, and many more, offers answers to the question: Why shouldn't growing older be rewarding? Arnold, whose books have helped over a million readers through life's challenges, shows us the spiritual riches that age has to offer. Now in his seventies, Arnold finds himself personally facing the challenges of aging with grace. With a foreword by Cardinal Sean O'Malley, *Rich in Years* covers the significant topics facing the aging, the elderly, and their family and caregivers: accepting changes, combatting loneliness, and continuing on with purpose and hope. Going beyond mere inspiration, Arnold does not shy away from such difficult topics as coping with dementia, the prospect of dying, and enduring with dignity. Through faith and a true spirituality, he says, we can find acceptance and serenity. Johann Christoph Arnold knows, from decades of pastoral experience, what older people and their caregivers can do to make the most of the journey of aging. In this book, he shares stories of people who, in growing older, have found both peace and purpose. Praising *Rich in Years*, Cardinal Dolan, Archbishop of New York, writes, In simple language, Arnold gives hope-filled insights into the trials of aging for people of all ages. Pastor Arnold's book challenges those rich in years to also remain rich in faith.

## Book Information

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## Customer Reviews

In this book, Johann Christoph Arnold has once again offered us a translation of the meaning of God's love for us through all the days of our lives. --Cardinal Sean O Malley, Archbishop of Boston

Unassuming yet outstanding, this is the best book I know on the godly ripeness that aging

can bring in a Christian's life. Elderly folk will find the warmth that it radiates wonderfully invigorating. --J.I. Packer, professor of theology, Regent College

On these pages are wonderful words of hope. Savor them. As I sing in a recent song, What we do now, you and me, will affect eternity - God's counting on me, God's counting on you. --Pete Seeger, musician

Using profound and stimulating stories, Johann Christoph Arnold welcomes us into an elegant fabric of elderly life, abundant with significance and relationships. I know you will find this book spiritually enriching. --Marva J. Dawn, author, *Being Well When We're Ill*

A symphony of voices of men and women willing to talk about aging. The author weaves their stories together as a pastor who knows how to listen. There is much beauty here and not a trace of sentimentality. --Eugene H. Peterson, author and scholar, *The Message Bible*

This book is bound to enrich all who read it. Arnold squarely faces the challenges of old age, teaching us how they can become meaningful when seen in the light of eternity. --Alice von Hildebrand, professor emerita, Hunter College

*Rich in Years* is rich in wisdom, rich in courage, rich in hope. The people we meet in these pages and the stories they tell all build in us a confident assurance that God is with us every step of our journey. --Richard J. Foster, author, *Celebration of Discipline*

Why shouldn't old age be rewarding?

A clear-eyed and enlightening book for people of any age on an issue of growing importance in our world. Christoph Arnold shares the stories of others who are rich in years as well as those who love and care for them, reminding us of the importance of faith, hope and community. Thanks to Christoph and his wife Verena who compiled this book, we can see how facing the fears of death, the changing of one's body and mind, the loss of capacities and loved ones can be transformed if we share them. Looking through their eyes and hearts, we can begin to celebrate our journey towards our later years. Growing old need not be a problem. We can learn by their example and transform ageing to a journey of discovery and be a blessing to those we gather around us. Read, enjoy and put their message to use today. You might even feel younger!

This book provides much insight and wisdom for both seniors and their caregivers. Books such as "Rich in Years" and movies such as "Nebraska" are important contributions to the discussion of how best to cope with the problems and challenges of aging in our society. In addition, this book provides a great deal of useful insight for those responsible for caring for senior citizens. As someone who recently cared for his father until his passing, I must say that this book was a great

source of comfort and wisdom. Dave Ryan Worcester, Ma.

A great read for even people before they reach 50 because we all can benefit in looking forward and to considering the quality of our lives in later years as well as our elders in our lives. This definitely makes us think about the rich meaning of life we can have and what we can do for others and acknowledge our elders who mean so much to us. A great read aloud to share and discuss and enjoy!

A book covering the challenges a lot of people face after retirement and dealing with loss. A number of stories on how different people handled things like depression, loss, grief and living with health problems. Well written and easy to read.

Great

I highly recommend Rich in Year. It good for adult children with aging parents. Good for couples facing live ending health issues. Rich in years gives a good perspective on accepting the aging process with grace and peace. We are all going to mature and age . It's important to understand our minds and bodies accept the changes and go with the flow.

This is a very good read for seniors but its recommendations and anecdotes apply nearly equally well to mid-lifers too. Younger readers could benefit but probably would feel it's too early to get ready for such an uncomfortable subject - getting old and closer to the end of life. I wish I had seen it 15 or 20 years ago but I may not have appreciated it as much as I do now.

The best book I've seen on aging. He understands all the regrets, worries, disabilities and sorrows of old age. He also gives remedies and suggests solid ways to bring joy to your life, and to others. I love it. It will live on my bedside table forever to read one essay at a time.

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