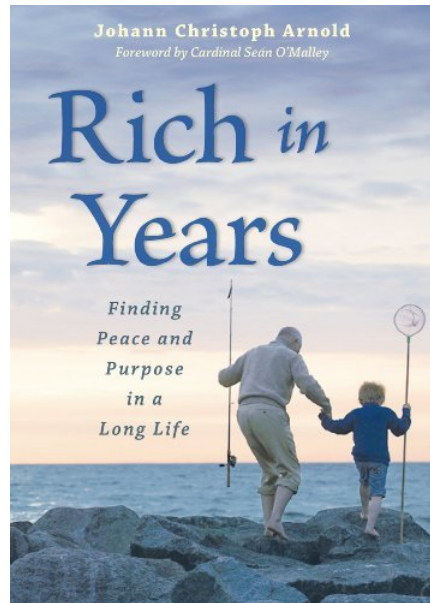


[Free PDF File] Rich in Years: Finding Peace and Purpose in a Long Life



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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.

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