

# Book Online Artemis City Shuffle by Jessie Kwak

The Inner Work of Age: Shifting from Role to Soul

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A guide to working through the inner obstacles of late life and embracing the spiritual gifts of aging 2022 Coalition of Visionary Resources Gold Award 2022 Nautilus Gold Award Award Winner in the Health Aging/50+ category of the 2021 Best Book Awards sponsored by American Book Fest Award Winner in Non-Fiction Aging and Gerontology category of the 2021 Best Indie Book Award Offers shadow-work and many diverse spiritual practices to help you break through denial to awareness, move from self-rejection to self-acceptance, repair the past to be fully present, and allow mortality to be a teacher Reveals how to use inner work to uncover and explore the unconscious denial and resistance that erupts around key thresholds of later life Includes personal interviews with prominent Elders, including Ken Wilber, Krishna Das, Fr. Thomas Keating, Anna Douglas, James Hollis, Rabbi Rami Shapiro, Ashton Applewhite, Roshi Wendy Nakao, Roger Walsh, and Stanislav Grof With extended longevity comes the opportunity for extended personal growth and spiritual development. You now have the chance to become an Elder, to leave behind past roles, shift from work in the outer world to inner work with the soul, and become authentically who you are. This book is a guide to help get past the inner obstacles and embrace the hidden spiritual gifts of age. Offering a radical reimagining of age for all generations, psychotherapist and bestselling author Connie Zweig reveals how to use inner work to uncover and explore the unconscious denial and resistance that erupts around key thresholds of later life, attune to your souls longing, and emerge renewed as an Elder filled with vitality and purpose. She explores the obstacles encountered in the transition to wise Elder and offers psychological shadow-work and diverse spiritual practices to help you break through denial to awareness, move from self-rejection to self-acceptance, repair the past to be fully present, reclaim your creativity, and allow mortality to be a teacher. Sharing contemplative practices for selfreflection, she also reveals how to discover ways to share your talents and wisdom to become a force for change in the lives of others. Woven throughout with wisdom from prominent Elders, including Ken Wilber, Krishna Das, Father Thomas Keating, Anna Douglas, James Hollis, Rabbi Rami Shapiro, Ashton Applewhite, Roshi Wendy Egyoku Nakao, Roger Walsh, and Stanislav Grof, this book offers tools and guidance to help you let go of past roles, expand your identity, deepen self-knowledge, and move through these life passages to a new stage of awareness, choosing to be fully real, transparent, and free to embrace a fulfilling late life.

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