



# The Seasoned Soul: Reflections on Growing Older

*Eliza Blanchard*

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## **The Seasoned Soul: Reflections on Growing Older** Eliza Blanchard

No matter where you are on the path, growing older is a journey we all share. These eighty-seven elegant essays reflect on aging, using wise and inspiring quotations from many cultures and religious traditions. They help you tap into your own resources, lightening your spirit and the spirits of those around you. Throughout, they provide guidance and encouragement, covering life changes, dealing with fear, retaining dignity and passion, and living a life of meaning. Whether you are early in your journey or well along the way, *The Seasoned Soul* will help you face the joys and challenges of aging with insight and grace, lift your heart, and grow your spirit.

Eliza Blanchard is a Unitarian Universalist affiliate minister at the First Parish in Brookline, Massachusetts. She is the editor of *A Child's Book of Blessings and Prayers* and *A Child's Book of Animal Poems and Blessings* from Skinner House Books.

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