

Contents

Acknowledgments xi
Awakening to a Fresh Perspective xiii
Epiphany xix

PART ONE
SOCIAL PERSPECTIVES

What Aging Means to Us 1

- 1 *Young...Forever?* 5**
It's Not Your Mother's Old Age 8
When Do We Become Old? 10
- 2 *What if It Really Is All in Our Heads?* 15**
False Evidence Appearing Real 17
Don't Believe Everything You Think 20
Turning towards the Future without Hanging On to the Past 22
Reassure Yourself 26
- 3 *The Culture Made Me Do It* 29**
Ka-ching! 32
Is Something Wrong? 34
Moving toward a Higher Intelligence 35
What's Really Wrong? 38
- 4 *The Key to Aging Gracefully* 43**
Containing Resistance 45
Practicing Acceptance 48
Accepting Your Beauty 50

5 *Shift Happens (When You Choose It)* 53

Good Grief 55

Letting Go 58

Becoming a Wise-Woman 62

Becoming a Grandparent 65

PART TWO

PHYSICAL PERSPECTIVES

Becoming Body Wise
71

6 *How Do We Age?* 75

First You Hear a Whisper 78

Listening to Your Body 81

7 *Back to Your Roots* 85

Are Hair Dyes Safe? 86

Is a Dye Job Worth Dying For? 88

“Natural” Options 92

The Most Natural Option of All 94

8 *Becoming a Silver Sage* 97

Bye-Bye Toxic Dye 99

It’s Not Easy Being Seen 102

Making the Final Cut 104

Gallery of Silver Sages 108

9 *Riding the Cycle* 117

From Transition to Transformation 119

And So It Begins 124

The Real Deal: Menopause 125

10 *Why Are Hormones So Darned Important?* 129

Weighing In 133

Boning Up 136

Am I Losing My Mind? 139

11 *Natural vs. Synthetic Hormone Replacement* 141

Bio-identical Options 144

Keep Your Eye on the Ball 146

12 *Sex, Stereotypes and Statistics* 151

Embracing a New Stereotype 155

Ouch! 158

When the Mood Doesn't Strike 159

It Could Be Something Deeper... 161

Redirect 163

PART THREE

PSYCHOLOGICAL PERSPECTIVES

Discovering What's Real

165

13 *A Weight Is Lifted* 169

First, Clean House 170

Second, Clean House 172

Forgiveness 175

14 *Boomer Angst* 183

The "Sandwich Generation" 190

Experiment with Yes! 193

15 *Follow Your Bliss* 197

Time to Retreat 201

Truth or Consequences 206

Working 10 'til 2 208

"Self-Improvement"—Who Needs It? 209

16 *A Code You Can Live By* 211

Beware of the "But" Factor 213

Be Intentional 215

17 *The Happiness Quotient* 219

Choosing a Perspective 221

Roots of a Deeper Kind

225

- 18** *Turning Within* 229
 Spiritual Humans or Human Spirits? 230
 The Human Perspective 231
 The Spiritual Perspective 233
 The Bridge across Perspectives: Moments of Grace 234
 Shifting Realities 235
 Appreciating Your Moments of Grace 238
- 19** *The Workings of a Conditioned Ego* 241
 The Die Is Cast 243
 You Are Not Who You Think You Are 245
 But I Always Do It That Way! 248
- 20** *Practice Makes Present* 251
 Meditation 253
 Centering Prayer 259
 Gratitude 259
 Making Life Last Longer 263
 Taking Care of Ourselves 265
- 21** *The Power of Grace* 269
 Gratitude 270
 R-e-s-p-e-c-t 271
 Awareness and Acceptance 272
 Compassion 273
 Equanimity 274
 Everything Is All Right 274
- Endnotes* 277