Books On Meditation for Older Adults

Books are arranged by subject grouping. A (*) denotes, highly recommended.

- Meditation, Psychology and Self-Help


  With his bestselling spiritual guide *The Power of Now*, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In *A New Earth*, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence.


  Thomas Moore is the renowned author of *Care of the Soul*, the classic #1 New York Times bestseller. In *Ageless Soul*, Moore reveals a fresh, uplifting, and inspiring path toward aging, one that need not be feared, but rather embraced and cherished. In Moore’s view, aging is the process by which one becomes a more distinctive, complex, fulfilled, loving, and connected person.

  **Falling Awake: How To Practice Mindfulness In Everyday Life** by, Jon Kabat-Zinn  978-0316411752 / 208 pages; c.2018

  “Thoughtful and provocative.... The relevance of this work is unquestionable, as it leaves us inspired and optimistic that true healing really is possible” (Sharon Salzberg). For four decades, Jon Kabat-Zinn has been teaching the tangible benefits of meditation in the mainstream. Today millions of people have taken up a formal mindfulness meditation practice as part of their everyday lives. But how do you actually go about meditating? What does a formal meditation practice look like? And how can we overcome some of the common obstacles to incorporating meditation into daily life in an age of perpetual self-distraction?

  **Living In Gratitude: Mastering The Art Of Giving Thanks Every Day, A Month-to-Month Guide** by Angeles Arrien  978-1604079745 / 304 pages; c. 2013

  What would happen if you made gratitude your focal point for one full year? With *Living in Gratitude*, Angeles Arrien invites you to find out. Integrating the latest teachings from social science with stories, prayers, and practices from cultures and traditions spanning the globe, she presents a 12-month plan for making gratitude your foundation for daily living.


  The inner critic is the voice inside our heads reminding us that we are never “good enough.” It’s behind the insidious thoughts that can make us second-guess our every action and doubt our own value. The inner critic might feel overpowering, but it can be managed effectively. Meditation teacher and therapist Mark Coleman helps readers understand and free themselves from the inner critic using the tools of mindfulness and compassion. Each
chapter offers constructive insights into what creates, drives, and disarms the critic; real people’s journeys to inspire and guide readers; and simple practices anyone can use to live a free, happy, and flourishing life.

Mindfulness-Based Intervention for Older Adults: Evidence for Practice by, Carla Martins Ph.D.  978-1849054874 312 pages; c.2014
Based on extensive clinical research, this book sheds new light onto how Mindfulness Based Stress Reduction (MBSR) can be used with older adults as an effective complementary intervention, identifying specific ways in which MBSR programs can be adapted and fine-tuned to meet the needs of this group. Presenting robust new evidence to support the efficacy of MBSR as a holistic therapeutic approach, the author draws interesting and original conclusions about its positive impact on older people's psychological and spiritual wellbeing, physical health, neuropsychological performance, attitudes towards death and dying and overall quality of life. The lived experiences of older adults taking part in an MBSR program provide rich first-hand insights into the therapeutic process, and the author draws valuable conclusions about ethical considerations and the responsibilities and personal transformation of the MBSR facilitator.

Twelve Steps To A Compassionate Life by, Karen Armstrong 978-0307595591 / 240 pages; c. 2011
In this important and thought-provoking work, Karen Armstrong—one of the most original thinkers on the role of religion in the modern world—provides an impassioned and practical guide to helping us make the world a more compassionate place. She shares concrete methods to help us cultivate and expand our capacity for compassion, and provides a reading list to encourage us to “hear one another’s narratives.” Armstrong teaches us that becoming a compassionate human being is a lifelong project and a journey filled with rewards.

A modern classic, Kabat-Zinn, founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, combining Mindfulness and Psychology.

- Aging

Everything changes. For Zen Buddhist priest and meditation teacher Lewis Richmond, this fundamental Buddhist tenet is the basis for a new inner road map that emerges in the later years, charting an understanding that can bring new possibilities and a wealth of appreciation and gratitude for the life journey itself.

Aging as a Spiritual Practice is a wise, compassionate book that guides readers through the four key stages of aging—such as “Lightning Strikes” (the moment we wake up to our aging)—as well as the processes of adapting to change, embracing who we are, and appreciating our unique life chapters. Unlike many philosophical works on aging this one incorporates illuminating facts from scientific researchers, doctors, and psychologists as well as contemplative practices and guided meditations. Breath by breath, moment by moment, Richmond’s teachings inspire limitless opportunities for a joy that transcends age.
The Third Chapter: Passion, Risk and Adventure in the 25 Years After 50 by, Sara Lawrence – Lightfoot 978-0374275495 272 pages; c. 2009
In The Third Chapter, the renowned sociologist Dr. Sara Lawrence-Lightfoot offers a strong counterpoint to the murky ambivalence that shrouds our clear view of people in their third chapters. She challenges the still prevailing and anachronistic images of aging by documenting and revealing the ways in which the years between fifty and seventy-five may, in fact, be the most transformative and generative time in our lives, tracing the ways in which wisdom, experience, and new learning inspire individual growth and cultural transformation.

(*) How We Age: A Doctor’s Journey Into the Heart of Growing Old by, Marc E. Agronin, MD 978-0306818530 320 pages; c. 2011
In the tradition of Atul Gawande (Being Mortal) and Sherwin Nuland (The Art Of Aging), Marc Agronin writes luminously and unforgettably of life as he sees it as a doctor. His beat is a nursing home in Miami that some would dismiss as “God's waiting room.” Nothing in the young doctor’s medical training had quite prepared him for what he was to discover there. As Agronin first learned from ninety-eight-year-old Esther and, later, from countless others, the true scales of aging aren't one-sided—you can't list the problems without also tallying the hopes and promises. Drawing on moving personal experiences and in-depth interviews with pioneers in the field, Agronin conjures a spellbinding look at what aging means today—how our bodies and brains age, and the very way we understand aging.

• Spiritual

Master Class: Living Longer, Stronger and Happier by, Peter Spiers 978-0892968916 336 pages; c. 2012
Through inspirational stories from active seniors, supported by the latest research in the fields of psychology and neuro-science, MASTER CLASS shows how to build an enriching lifestyle on the foundation of favorite activities. Author Peter Spiers, Senior Vice President of Road Scholar, the top-notch life-long learning organization, provides easy-to-follow charts that allow readers to break out of their daily routines into Moving/Thinking/Socializing/Creating.

A revolutionary, science-based approach to meditation from a neuroscientist turned meditation master, The Mind Illuminated is an accessible, step-by-step toolkit for anyone looking to start—or improve—their daily meditation practice. This innovative book offers a 10-stage program that is both deeply grounded in ancient spiritual teachings about mindfulness and holistic health, and also draws from the latest brain science to provide a roadmap for anyone interested in achieving the benefits of mindfulness. Dr. John Yates offers a new and fascinating model of how the mind works, including steps to overcome mind wandering and dullness, extending your attention span while meditating, and subduing subtle distractions.
Silence: The Power of Quiet In a World Full of Noise by, Thich Nhat Hanh  978-006224705 213 pages; c. 2015
The Zen master and one of the world's most beloved teachers returns with a concise, practical guide to understanding and developing our most powerful inner resource—silence—to help us find happiness, purpose, and peace. Silence shows us how to find and maintain our equanimity amid the barrage of noise. Thich Nhat Hanh guides us on a path to cultivate calm even in the most chaotic places. This gift of silence doesn't require hours upon hours of silent meditation or an existing practice of any kind. Through careful breathing and mindfulness techniques he teaches us how to become truly present in the moment, to recognize the beauty surrounding us, and to find harmony. With mindfulness comes stillness—and the silence we need to come back to ourselves and discover who we are and what we truly want, the keys to happiness and well-being.

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