

# SOMETHING TO LIVE FOR:FINDING YR



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The second half of life is a journey into unknown territory--a safari like the one that inspired this deeply renewing and inspiring book. Drawing upon ancient wisdom and modern research for guidance, Richard Leider and David Shapiro invite you on a journey back to the primordial rhythms--back to a time and place where we are better able to clarify for ourselves what really matters in our lives. They share stories from their own lives and of others facing midlife and beyond, stories that exemplify the qualities of authenticity and wholeheartedness that are the essential components of vital aging. And they offer up positive practices that can help us save and savor the world: live an authentic life of purpose and meaning while balancing our lives with vitality and joy.

作者介绍:

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