



St. Michael's Senior Reading List

As of July 10, 2017 (7th Edition)

Aging and Creativity

Cameron, Julia. ***It's Never too Late to Begin Again: Discovering Creativity and Meaning at Midlife and Beyond.*** New York. Tarcher Perigee Book. 2016.

Aging and Dying

Callahan, Maggie and Kelley, Patricia. ***Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying.*** Simon and Schuster. reprint, 2012.

Dalai Lama. ***Advice on Dying and Living a Better Life.*** New York. Atria. 2002.

Didion, Joan. ***The Year of Magical Thinking.*** Vintage, reprint edition 2007.

Gaines, Ernest J. Gaines. ***A Lesson before Dying.*** Vintage. 1994.

Gawande, Atul. ***Being Mortal: Medicine and What Matters in the End.*** New York. Metropolitan Books. 2014.

Jenkins, Margie. ***You Only Die Once: Preparing for the End of Life with Grace and Gusto.*** Patio Press. 2nd edition, 2015.

Levine, Stephen. ***Who Dies? An Investigation of Conscious Living and Conscious Dying.*** Anchor Books. reissue 1989. *(in St. Michael's Library)*

Marcus, Clare Cooper. ***Iona Dreaming.*** Nicolas-Hayes. 2010.

Nuland, Sherwin B. ***How We Die.*** Alfred A Knopf, Inc. New York. 1993.

Roiphe, Katie. ***The Violet Hour: Great Writers at the End.*** The Dial Press. 2016.

Simmons, Philip. ***Learning to Fall: The Blessings of an Imperfect Life.*** Bantam. 2002.

Singh, Kathleen Dowling. ***The Grace in Dying: A Message of Hope, Comfort and Spiritual Transformation.*** New York. Harper Collins. 2000.

Weller, Francis. ***The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief.*** Berkeley. North Atlantic. 2015

Aging and Health

Brokaw, Tom. ***A Lucky Life Interrupted: A Memoir of Hope***. Random House. 2016.

Kemper, Donald. ***Growing Wiser: The Older Person's Guide to Mental Wellness***. Healthwise. 2nd edition. 1986.

..... ***The Mayo Clinic's Plan for Healthy Aging: How to Find Happiness and Vitality as You Age***. Orient Paperbacks. 2009.

Weil, Andrew, MD. ***Healthy Aging: A Lifelong Guide to Your Well-Being***. New York. First Anchor Books edition. reprint 2007.

Aging and Legal Issues

Rudd, Merri. ***Life Planning in New Mexico. Your Guide to State Law on Powers of Attorney, Right to Die, Nursing Home Benefits, Wills, Trusts, Probate***. Abogada Press. 5th edition 2015.

Shapiro, Barbara; Sedillo Lopez, Antoinette. ***Family Law in New Mexico***. Abogada Press, Albuquerque, New Mexico. 2nd Edition 2009.

Aging and Spirituality

Arrien, Angeles. ***The Second Half of Life: Opening the Eight Gates of Wisdom***. Sounds True. 2005.

Dass Ram. ***Still Here: Embracing Aging, Changing and Dying***. Riverhead Books/Penguin. 2000.

Dass Ram. ***Be Love Now: The Path of the Heart***. Harper One. 2010.

Luke. Helen. ***Old Age, Journey into Simplicity***. Lindisfarne Books. 2010.

O'Driscoll, Herbert T. ***Aging, A Spiritual Journey, in Affirmative Aging: A Resource for Ministry***. ed. The Episcopal Society for Ministry on Aging. Minneapolis. 1985.

Paintner, Christine Valters. ***The Soul of a Pilgrim: Eight Practices for the Journey Within***. Notre Dame, IN. Sorin Books. 2015.

Richmond, Lewis, ***Aging as a Spiritual Practice***. New York. Gotham. 2012.

Roberts, Arthur O. ***Exploring Heaven: What Great Christian Thinkers Tell Us about Our Afterlife with God***. Harper San Francisco. 2003.

Rohr, Richard. ***Falling Upward***. San Francisco. Jossey-Bass. 2011.

Singh, Kathleen Dowling. ***The Grace in Aging: Awaken as You Grow Older***. Boston. Wisdom Publications. 2014.

Todd, Judith and Isenhower, Valerie. ***Living into the Answers: A Workbook for Personal Spiritual Discernment***. Upper Room. 2008.

Tournier, Paul. ***Learn to Grow Old. Westminster***. John Knox Press. 1991.

Weber, Robert L., Ph.D. and Osborn, Carol, Ph.D. ***The Spirituality of Age, A Seeker's Guide to Growing Older***. Park Street Press. 2015.

Aging and Wisdom

Bateson, Mary Catherine. ***Composing a Further Life: The Age of Active Wisdom***. Vintage. 2011.

Chittister, Joan. ***The Gift of Years: Growing Older Gracefully***. BlueBridge. Fourth printing edition. 2010. *(In St. Michael's Library)*

Hillman, James. ***The Force of Character and the Lasting Life***. Ballantine. 2000.

Martin, William. ***The Sage's Tao Te Ching: Ancient Advice for the Second Half of Life***. The Experiment. Tenth Anniversary Edition. 2010.

Rubin, Gail. ***Kicking the Bucket List***. Rio Grande Books. 2016.

Schachter-Shalomi, Zalman and Miller, Robert E. ***From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older***. Grand Central Publishing. Paperback reprint edition. 2014.

Scott-Maxwell, Florida. ***The Measure of My Days: One Woman's Vivid, Enduring Celebration of Life and Aging***. Penguin-Random House. 1968.

Solie, David. ***How to Say It To Seniors: Closing the Communication Gap with Our Elders***. Prentice Hall Press. 4th edition. 2004.

Memoirs of Later Years and Memoir Writing

Borg, Marcus. ***Convictions: How I Learned What Matters Most***. Harper One. Reprint 2016.

L'Engle, Madeleine. ***Two Part Invention: The Story of a Marriage***. Crosswicks Journal # 4, Harper One. 1989.

Rupp, Joyce. ***Fly While You Still Have Wings: And Other Lessons My Resilient Mother Taught Me***. Sorin Books. 2015.

Sarton, Mary. ***At Seventy: A Journal***. New York. W.W. Norton & Co. 1984, 1987.

Van der Ven, Thea. ***It's Your Story: Pass It On***. New Leaf Distributors. 1986.