



Vesper Time: The Spiritual Practice of Growing Older

Frank Cunningham

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With a Foreword by Joyce Rupp

"Reading Vesper Time is like taking a long walk with a wise but down to earth friend. Relax with this book. It will nourish your tired soul." --Robert Wicks

Noted Catholic editor and publisher Frank Cunningham shows how growing old -- all by itself -- can be a spiritual exercise that brings joy, peace, insight, gratitude, and love.

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