



# The Seasoned Soul: Reflections on Growing Older

*Eliza Blanchard*

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## **The Seasoned Soul: Reflections on Growing Older** Eliza Blanchard

These eighty-seven elegant essays reflect on aging, using wise and inspiring quotations from many cultures and religious traditions. They will help you tap into your own resources, lightening your spirit and the spirits of those around you. Throughout, they provide guidance and encouragement, for navigating life changes, dealing with fear, retaining dignity and passion, and living a life of meaning.

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