



Senior Spirituality: Awakening Your Spiritual Potential

Harold Nelson

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Spirituality resides within everyone, an ever-present source of strength and well-being. In this book, *Senior Spirituality*, Harold Nelson helps readers to tap into that source, to develop a personal spirituality that can enhance life and bring healing. *Senior Spirituality* takes readers on an exciting, though sometimes arduous, journey into the inner self, a place where we forge our own spiritual identity. Along the way, we look to role models for guidance, seek kinship in community with friends and family, experience healing, learn lessons found in grief and suffering, and prepare for the passageway of death. Nelson seeks to help the reader develop inner resources that will provide power and courage to face and walk through the varied passageways of life, including adversity, loss, grief, and even transformation through death and afterlife. Compelling, touching, and inspiring, *Senior Spirituality* reflects Nelson's own life experiences as a hospital chaplain and grief counselor. His open-minded spiritual perspective and realistic portrayals make *Senior Spirituality* an essential companion for people of any age, but particularly those dealing with the issues that advanced age often brings.

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