



Rich in Years

by Johann Christoph Arnold



This book has been translated into 20 different languages for a reason — life and death is universal. Earlier in the year a few of the book review members went to the Hospice-hosted movie on the end-of-life issues that many of us avoid or attempt to avoid until we are forced to address. This book was offered at that presentation and is a perfect fit for the ongoing discussion.

In the book "These words express everything. Dying is the final, hardest test of courage. When you know the hours are numbered, it is best to look this straight in the eye and realize that it is only when we lose physical strength that God's love can be glorified. For God's power is not revealed in our strength, but our weakness. At such a time, every moment is precious."

The author is eloquent, wise and honest about our need to not be sad about having numbered days but to rejoicing about the days we have here on earth. I highly recommend this book.~ **Dr. Michele Winchester-Vega**



I believe much can be gleaned from some really well-written quotes that I found inspirational and noteworthy. Arnold writes, "Growing old doesn't have to be a prison of hopelessness and despair... all of us can find meaning in our lives." I so agree that finding meaning and purpose is the antidote to aging miserably.

The author tells us an inspirational story about Vince and Jean, an aging couple in their late 80s who owned and operated a laundromat and tended to it daily finding meaning and purpose to serve. On a personal note like Vince and Jean (although I'm not in my 80s), I also love my work and show up each day with a purpose using my skills and talents offering my "ear for listening, compassion and encouragement" just as they did.

The author also includes some humor and reflections, taking lines from Pete Seeger's work about old age being golden times. This book is for all of us. ~ **Diane Light-Spiro**