



Conscious Living, Conscious Aging: Embrace & Savor Your Next Chapter

By Ron Pevny



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We financially plan for our retirement, but do we plan for our wellbeing? Here is an empowering guide with practical tools to help you live a passionate, fulfilling second half of life.

If you're part of the Baby Boomer generation, then you belong to 26 percent of the US population that is retiring healthier than any generation before. And that means retirement is starting to look a whole lot different.

No longer satisfied with a quiet life of sitting on the porch or puttering around the house, retirees (or soon to be) are looking to create a passionate, active, fulfilled, and engaging later life. That's where Ron Pevny comes in. His inspiring guide helps you do what he calls "conscious aging"—or making a reality the life of growth, purpose, service, and spiritual exploration you've always imagined for yourself. In addition to wisdom for navigating loss and grief, Pevny offers advice that helps you identify your goals, contribute to society, remain engaged and relevant, and spend your later years in profound personal development.

Today's seniors are reshaping what retirement is all about. It is a whole new opportunity to engage with family, community, and the world with vigor. Don't just grow older—age consciously.

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Editorial Review

Review

“Ron Pevny's book *Conscious Living, Conscious Aging* is a unique and valuable resource for those seeking purpose, service, and continual growth in the later chapters of their lives. Its uniqueness lies in its weaving together of Sage-ing and other conscious aging practices, deep wisdom about life transitions and rites of passage, and inspiring stories from those who have chosen to engage in this inner work, all with the goal of supporting the development of the conscious elders our world urgently needs.” (Rabbi Zalman Schachter-Shalomi, co-author of *From Age-ing to Sage-ing*)

“Ron Pevny's spot-on wisdom on the elegance of aging is spiritually relevant and deeply useful. His is an inspiring voice for living in greater mindfulness within each present moment.” (Michael Bernard Beckwith, author of *Life Visioning*)

“*Conscious Living, Conscious Aging* fills a conspicuous gap in the literature concerning positive aspects of growing older...The book is well-documented, clearly written, and insightful.” (Robert C. Atchley, PhD, author of *Spirituality and Aging*)

About the Author

Ron Pevny is the founder and director of the Center for Conscious Eldering. He received his masters degree in Integral Counseling and Psychotherapy from the California Institute of Integral Studies. He is a Certified Sage-ing Leader with Sage-ing International and is a member of their Coordinating Circle. He is also active in the Life Planning Network and is a contributor to *Second Journey*. He conducts workshops across the country, including at Earthrise and IONS Retreat Center.

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