

# a time of living graciously

## REFLECTIONS ON GROWING OLDER

by **Brigid Lowry**

'True writing from the heart of what matters. With characteristic honesty, wisdom, humour and compassion, Brigid Lowry reminds us that, despite its challenges, ageing brings us to what is essential for a good life.'

*Sally Gillespie, author of Climate Crisis and Consciousness*

'Brigid offers good poetry and good teachings, all from the heart.'

*Jack Kornfield, author of A Path With Heart*

### ABOUT THE BOOK

More than just a book, *A Time of Living Graciously: Reflections on Growing Older* is a celebration of life's rich tapestry, woven with threads of loving kindness and wisdom.

Brigid Lowry's insights into ageing gracefully and gratefully are a warm embrace for the soul. From navigating the quirks of creaking joints to pondering life's mysteries, Brigid reminds us to approach life with kindness and humour.

Whether you're facing the occasional stumble or pondering the mysteries of existence, let this collection be your companion.

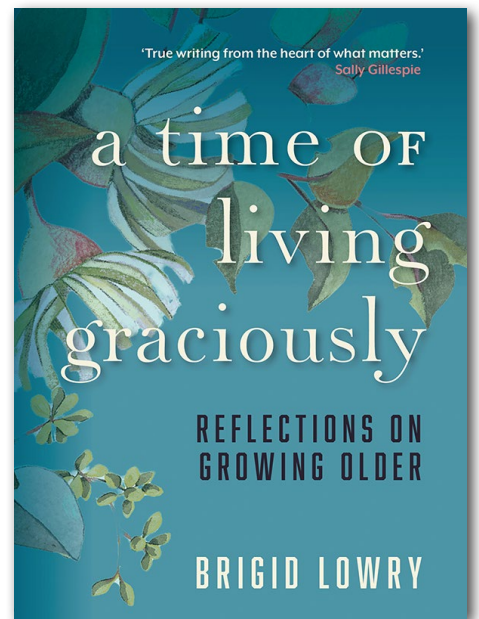
### ABOUT THE AUTHOR

Brigid Lowry hopes her work will inspire people to think, laugh and enjoy being alive. She has a master's degree in creative writing and is the award-winning author of eight young adult titles, including the bestseller *Guitar Highway Rose*. Her recent titles are *Still Life with Teapot: On Zen, Writing and Creativity* (2016), and *A Year of Loving Kindness to Myself & Other Essays* (2021), with Fremantle Press.



### NOTES

- Australia's proportion of people over 65 is set to double in the coming decades but negative conversations about ageing continue to be the dominant narrative.
- This book offers a unique take on how to navigate the world and later-life experiences, in order to age gracefully and to approach death authentically.
- *A Time of Living Graciously* features accessible philosophy cut through with humour, and the confessional tone invites contemplation with gentle suggestions to reset one's life in a kinder way.
- Influenced by modern psychology and timeless Buddhist wisdom, this is a beacon of warmth and wisdom.



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