



A Life Complete: Emotional and Spiritual Growth for Midlife and Beyond

Sallirae Henderson

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A Life Complete explains how the choices we make in midlife can become distilled and irreversible by the time we reach our last years. Having worked intimately and rewardingly with countless people in the last years of their lives, psychological counselor and ordained minister Sallirae Henderson offers a practical plan for healing in middle age so we can avoid elderly regret, unexpressed grief, and unresolved spiritual issues before it's too late. In a culture that ranks the fear of living in a nursing home above the fear of death, this book serves as a reminder that the end of life is also an organic part of life. It is an indispensable guide for those seeking to grow old gracefully, with a sense of meaning and purpose.

Breaking new ground in the literature on aging, this powerful book teaches six emotional and spiritual skills necessary for finding purpose and contentment in our later years:

1. BEFRIENDING YOURSELF LEARNING TO GRIEVE
2. RECOGNIZING THAT YOU ALWAYS MAKE A DIFFERENCE
3. MAINTAINING A SENSE OF PERSONAL EVOLUTION
4. FINDING A LARGER CONTEXT FOR YOUR LIFE
5. ACCEPTING THE HELP OF OTHERS

Sallirae Henderson combines her vast personal and professional experience with a wide range of anecdotes guaranteed to strike a chord with readers from all walks of life. *A Life Complete* also serves as an excellent reference tool for analysts, psychotherapists, and both personal and professional caregivers. It is a remarkably timely book.

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