



# **This Is Getting Old: Zen Thoughts on Aging with Humor and Dignity**

*Susan Moon*

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## **This Is Getting Old: Zen Thoughts on Aging with Humor and Dignity** Susan Moon

In this intimate and funny collection of essays on the sometimes confusing, sometimes poignant, sometimes hilarious condition of being a woman over sixty, Susan Moon keeps her sense of humor and she keeps her reader fully engaged. Among the pieces she has included here are an essay on the gratitude she feels for her weakening bones; observations on finding herself both an orphan and a matriarch following the death of her mother; musings on her tendency to regret the past; thoughts on how not to be afraid of loneliness; appreciation for the inner tomboy; and celebratory advice on how to regard "senior moments" as opportunities to be in the here and now.

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