



In This Life: Spiritual Growth and Aging

Leo Missinne

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Finding meaning in life, especially as you grow older, is vital to your well-being, explains Leo Missinne at the start of his book, *In This Life: Spiritual Growth and Aging*; and meaning can only be found by reflecting on your life.

Throughout *In This Life*, Missinne shows you how to reflect upon age as a time of fulfillment. There is much to discover in this stage, beyond declining health and the suffering that often comes with aging - aspects of life that cannot be known before it. He turns your focus from the choices that created your present to the new ones before you, as you continue your spiritual journey. Each step will bring you closer to discovering new aspects of your spirituality and accepting the will of God.

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