

The Wisdom of Morrie: Living and Aging Creatively and Joyfully

Morrie Schwartz

Rob Schwartz, Editor

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With advice garnered from his luminous career in sociology and his personal experiences, Morrie Schwartz's *The Wisdom of Morrie* is a thoughtful treatise that is filled with insights about aging with joy.

Throughout the book, Schwartz addresses the erroneous idea that people are somehow made less by the aging process. He explores difficulties that are often related to aging, too, including physical decline, loneliness, and ageism. Looking to his own experiences, including an asthma diagnosis, and incorporating anecdotes from others, like the story of a man who wanted to maintain his independence after an accident, Schwartz illustrates how problems can manifest and how they might best be handled. He shares helpful suggestions for improving one's quality of life—for instance meditation, which can lower blood pressure and improve concentration.

The last chapters in the book discuss the key components that Schwartz identified as necessary for being happy in later life. These include making a contribution to society, continuing to grow and learn, and finding something beautiful or joyous to appreciate every day. Included are some profound discussions on living ethically and morally, making some type of spiritual connection, and striving toward self-actualization, all while recognizing one's place in the greater landscape of humanity.

The book is aimed at older people who are generally of sound mind and body. However, there is thought-provoking content here for anyone who has an elderly friend or loved one, or who is simply troubled by thoughts of their own aging.

Edited by his son Rob Schwartz after the author's death, *The Wisdom of Morrie* is a thoughtful examination of aging with practical advice on how to make the most out of one's late stages of life.

CATHERINE THURESON (May / June 2023)

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