



# **A Season of Mystery: 10 Spiritual Practices for Embracing a Happier Second Half of Life**

*Paula Huston*

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We live in a culture that tells us there are few things worse than aging, that we should avoid aging at all costs, and that we must shun death. And yet, no matter how much money we spend on health supplements, no matter how many gurus we consult, the fact remains unchanged: We will grow old.

In *A Season of Mystery*, 60-year-old Paula Huston—a grandmother, and also a caretaker for her own mother and for her in-laws—shares with readers a far more fulfilling way to approach how we live and how we think about the second half of life. Each chapter offers a spiritual practice that is particularly suited to nurturing us in ways we would never have recognized in our younger lives. For example, the practice of “listening” helps us quit superimposing our own take on every situation before we have a chance to hear and see what is truly there; the practice of “delighting” encourages us to notice and be thankful for what is small and seemingly insignificant. Each of the 10 practices serves as an antidote to the classic afflictions of old age, such as close-mindedness, complaining, and fear of change.

*A Season of Mystery* is not intended to be a selection of self-improvement secrets; the goal of Huston’s work is to encourage people in the second half of life to become “ordinary mystics” who are no longer bound by the world’s false ideas on aging but instead be freed by God’s grace to embrace the riches that come only with growing older.

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