



Sage-ing While Age-ing

Shirley MacLaine

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Sage-ing While Age-ing Shirley MacLaine

"I've been a questioner all my life..."

So begins bestselling author and award-winning actress Shirley MacLaine, as she invites readers to join her on the most powerful, provocative journey of her life. Over the years, Shirley has firmly established herself as a fearless, iconoclastic thinker and seeker of truth. Now, as she confronts the realities and rewards of growing older, she reflects on the greater understanding of her own place in the universe that her experiences have brought to her.

Sparked by the experience of moving into a new house, she is inspired to look back across the remarkable professional and personal milestones she has experienced so far. Surrounded by books, pictures, and the artifacts of a life well lived, Shirley is able to recognize the profound power of synchronicity at work around her, discovering the invisible threads that stitch together the seemingly random events of her days, adding meaning even to the mundane.

Having grown older, she is increasingly concerned with the potential pitfalls of modern medicine. She shares personal insights into nutrition, acupuncture, homeopathy, and alternative medicine. Practical and bracing, here is advice for anyone looking to expand his or her understanding of health and well-being.

Moving beyond the physical, Shirley explores what has always interested her most -- those things that are unseen. What is consciousness? What is the purpose of our lives? Are we alone in the universe? And perhaps the greatest mystery of all, what happens to us after death?

Filled with her trademark wit and candor, this is a fascinating, inspiring book that will delight and captivate Shirley's legions of fans and fellow travelers everywhere.

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