



# The Courage to Grow Old

*Barbara Cawthorne Crafton*

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**The Courage to Grow Old** Barbara Cawthorne Crafton

- A best-selling Morehouse author for decades
- Addresses one of today's most pressing topics
- Includes questions for reflection and study by individuals and groups

Here is Barbara Crafton at her best—funny, warm, direct, honest, and vulnerable—on aging. “I think growing older is both funny and sad, but mostly it just makes me grateful to be alive and able to reflect. I have been an Episcopal priest for 33 years and have had extensive experience in ministering with the elderly. Now, I am growing old myself. I hate it when people are ashamed of being old. We should be proud!” she proclaims. Join her in this celebration of life!

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