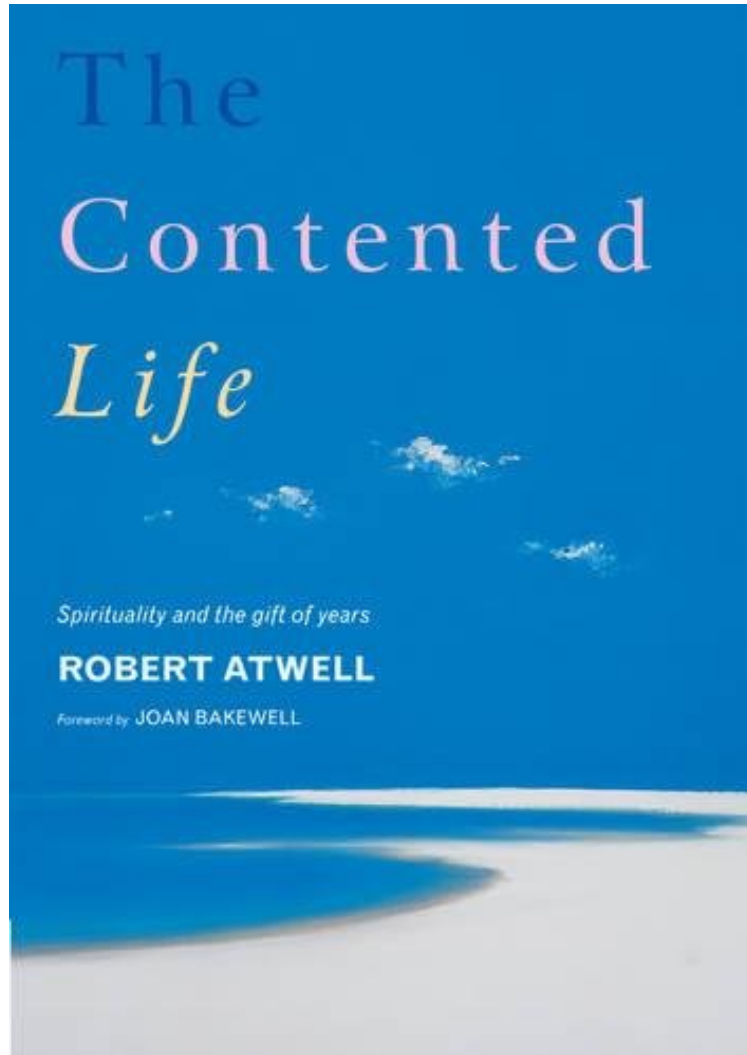


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Robert Atwell : The Contented Life: Spirituality And The Gift Of Years before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Contented Life: Spirituality And The Gift Of Years:

As a new bishop, Robert Atwell responded to a direct challenge from older church members, who usually make up the biggest majority in any congregation. Why, they asked, was there always so much for the young; what was there for them? This book grew out of his response. A series of talks he gave on the spirituality of growing older and the gifts that wait to be discovered generated an unprecedented response, not only throughout the diocese, but on blogs and

websites around the world. 60 really is the new 40 for increasing numbers of people. The retired are a huge consumer category, increasingly recognised by marketing gurus. They may have disposable income, time on their hands, and the leisure of choice - but wisdom, humour and honesty are essential for these transitional decades too and this short book offers all three in plenty. The author's background in Benedictine life, with its profound understanding of what makes for a balanced and rich life, flavours a book of timeless value.

About the Author ROBERT ATWELL is the Bishop of Stockport in the Church of England. A former Benedictine monk, he is the compiler of two of Canterbury Press all-time bestselling titles, *Celebrating the Saints* and *Celebrating the Seasons*.