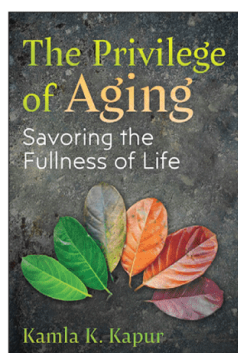


BOOKMARKED

SEE AGING AS SAGING



**THE PRIVILEGE OF
AGING:** *Savoring the
Fullness of Life*

Kamla Kapur
Park Street Press,
July 2024

With this book, Indian-
American poet, playwright,
and ardent seventy-
something Kamla Kapur is

all but demanding a conscious aging movement. She does not call it that, but there's no better phrase for her embodied awareness of age, time, and mortality.

Lush with the clarity that arises from a long life well lived, Kapur's essays hum with candor and sensual detail. "Every stage of our lives demands a new set of eyes," she writes. "Aging is unknown territory with no map." She writes about enchantment and sorrow, "ripening" ideas and pursuits, self-discovery, and the pleasures of aging that "entrance" her.

This is a book about becoming and "being oneself in life and in writing," a process she calls "one of the most delicious offerings of age." But no one ages unscathed; she also writes honestly about physical pain, mental anguish, death, heartbreak, and catastrophe.

Written by a wise, embodied woman who just happens to be in her 70s, *The Privilege of Aging* makes a great book not only to read yourself, but also to share with everyone in your life who's under, say, 45.

Spirituality & Health

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Kamla K. Kapur

