



# Senior Moments: Prayer-Talks with God about Aging Gracefully

*Bernadette McCarver Snyder*

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Just when you've conquered a lot of life's problems and are living in the moment, you might find it is a senior moment. With trademark humor and wisdom, Bernadette invites us to pray in those moments and all the others in between. Whether sitting in her cozy kitchen, waiting in the doctor's office, or staring down a new DVD player that keeps spitting out discs because I have pushed the wrong button, she shares her honest, comfortable way of chatting with God about nothing and everything that warmly invites you to pull up a chair and join the conversation. Her witty celebrations of the perks of seniority are full of wonder and thanksgiving for marvels like flashlights, crossword puzzles, a good doctor to trust, and the joy of another day. But she's not without a few complaints, or good-natured bewilderment at some new-fangled technology or the state of the world, either, and imparts a simple wisdom that will resonate with readers of any age. If you find yourself chuckling at Bernadette's foibles, shedding a tear over her spot-on insights, and then forgetting what you were doing in the first place, you might want to buy an extra copy or two of this warm, funny, and prayerful book.

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