

*Abigail* | A Mighty  
*Press* | Presence

*ℱ Inspirations*

# *Aging Gracefully*

*with the 23rd Psalm*



**Dr. Sharon V. King**

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# About the Book

*Aging Gracefully with the 23rd Psalm* applies some of the best-loved verses in scripture to a reflective study of ways women can grow in grace as they grow in years. The book format provides reflections on themes of aging found in each verse of Psalm 23, such as facing forks in the road; making fresh starts; resolving past conflicts; coping with social, personal, and physical changes; navigating through emotional transitions; processing loss and grief; and end-of-life planning. Illustrations of each theme follow, using biblical examples, vignettes from the author's personal aging journey, a Takeaway Message from each psalm verse, suggestions for group discussion topics, and a journaling exercise to help the reader write a "Prayer Memo" to the Good Shepherd of the 23rd Psalm.



## Blurb

Can we talk about getting older? With another Baby Boomer turning 60 every 7.5 seconds, the “age wave” has captured the attention of such diverse fields as financial planning, cosmetics, medicine, and—religion. How does aging affect our spirituality? Does it deepen our relationship with God, or have decades of life’s roller coaster rides left us “spiritually challenged?” Life after 50 can be particularly challenging for women because of the personal, social, and physical changes that naturally occur as we age. A rich spiritual life can help 50+ women gain perspective about their aging process and seek God’s guidance as they encounter the changes, challenges, and opportunities of later life.

View the Trailer on the Anaiah Press [YouTube](#) Channel

## DETAILS

Title: Aging Gracefully with the 23<sup>rd</sup> Psalm  
Author: Dr. Sharon V. King  
Release Date: February 17, 2015

Imprint: Anaiah Inspirations  
Genre: Devotional



# *About the Author*



## *Dr. Sharon V. King*

Sharon is a class of '69 Baby Boomer, a native of Pennsylvania, and now resident of Georgia. The daughter of church musicians, she first worked as a music teacher and then turned her interests to writing about and working with older adults. A recently retired gerontology professor, Sharon now writes inspirational books and articles for 50+ women.

*Website:* <http://www.yearsfullofgrace.wordpress.com>

*Twitter:* [@svk50plus](https://twitter.com/svk50plus)

**Press Release**

**Aging Gracefully with the 23<sup>rd</sup> Psalm**

FOR IMMEDIATE RELEASE:

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**Anaiah Press announces *Aging Gracefully with the 23<sup>rd</sup> Psalm* by Dr. Sharon V. King, an Inspirational devotional to be published on Feb. 17, 2015.**

**About the Book**

*Aging Gracefully with the 23<sup>rd</sup> Psalm* is a self-help devotional which applies some of the best-loved verses in scripture to a reflective study of ways women can grow in grace as they grow in years

This devotional book provides reflections on themes of aging found in each verse of Psalm 23. The themes include: facing forks in the road; making fresh starts; resolving past conflicts; coping with social, personal, and physical changes that come as we age; navigating through emotional transitions; processing loss and grief; and end-of-life planning.

**About Dr. Sharon V. King**

Dr. Sharon V. King is a 50+ Christian woman with a professional background in gerontology. She is a native of Pennsylvania and now a resident of Georgia. King inherited her church musician parents' talent earning degrees in music education and taught music. Later, she earned a second master's in anthropology and PhD in sociology. As a university professor, King focused her research on the ways spirituality influences the aging process. Her hope is to encourage all 50+ women to rely on God while traveling through the "second half of life."

**Important Links:**

Author Website: <http://www.yearsfullofgrace.wordpress.com>

Twitter: <https://twitter.com/svk50plus>

**About Anaiah Press:**

Anaiah Press is a Christian digital-first publishing house dedicated to presenting quality faith-based fiction and nonfiction books to the public. Our goal is to provide our authors with the close-knit, hands-on experience of working with a small press, while making sure they don't have to sacrifice quality editing, cover art, and marketing. To learn more about Anaiah Press, visit [www.anaiahpress.com](http://www.anaiahpress.com).

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# Sample Article

## Faith-Based Publisher to launch a Christian Devotional for 50 Plus Anaiah Inspirational

Anaiah Press, a digital-first publisher of faith-based books based out of St. Petersburg, Florida, will launch *Aging Gracefully with the 23<sup>rd</sup> Psalm* by debut author Dr. Sharon V. King on February 17, 2015. King blends her experience in gerontology with her Christian beliefs using her love for writing to inspire 50+ women through inspirational devotionals. *Aging Gracefully with the 23<sup>rd</sup> Psalm* applies some of the best-loved verses in scripture to a reflective study of ways women can grow in grace as they grow in years. The book format provides reflections on themes of aging found in each verse of Psalm 23, such as facing forks in the road; making fresh starts; resolving past conflicts; coping with social, personal, and physical changes; navigating through emotional transitions; processing loss and grief; and end-of-life planning. Illustrations of each theme follow, using biblical examples, vignettes from the author's personal aging journey, a Takeaway Message from each psalm verse, suggestions for group discussion topics, and a journaling exercise to help the reader write a "Prayer Memo" to the Good Shepherd of the 23<sup>rd</sup> Psalm

Sharon is a class of '69 Baby Boomer, a native of Pennsylvania, and now resident of Georgia. The daughter of church musicians, she first worked as a music teacher and then turned her interests to writing about and working with older adults. A recently retired gerontology professor, Sharon now writes inspirational books and articles for 50+ women.

Anaiah Press is a St. Petersburg-based, digital-first publishing house dedicated to presenting quality, faith-based fiction and nonfiction books to the public. More than twenty authors, besides King, have signed on with the new company, and their 2015 and 2016 lineups are already promising a variety of genres for adults and children alike. Other titles releasing this year include *Bricks*, a young adult surge by John Davidson; *Grit of Berth and Stone*, a young adult fantasy by Lisa Dunn; and *All for Love*, a romantic suspense by Susanne Mathews. For more information about the publisher and upcoming releases, visit [www.anaiahpress.com](http://www.anaiahpress.com).

