



Embracing Age

How Catholic Nuns Became Models of Aging Well

by Anna I. Corwin

DESCRIPTION

Embracing Age: How Catholic Nuns Became Models of Aging Well examines a community of individuals whose aging trajectories contrast mainstream American experiences. In mainstream American society, aging is presented as a “problem,” a state to be avoided as long as possible, a state that threatens one’s ability to maintain independence, autonomy, control over one’s surroundings. Aging “well” (or avoiding aging) has become a twenty-first century American preoccupation. *Embracing Age* provides a window into the everyday lives of American Catholic nuns who experience longevity and remarkable health and well-being at the end of life. Catholic nuns aren’t only healthier in older age, they are healthier because they practice a culture of acceptance and grace around aging. *Embracing Age* demonstrates how aging in the convent becomes understood by the nuns to be a natural part of the life course, not one to be feared or avoided. Anna I. Corwin shows readers how Catholic nuns create a cultural community that provides a model for how to grow old, decline, and die that is both embedded in American culture and quite distinct from other American models.

[Instructor's Guide is available at no cost \(https://d3tto5i5w9ogdd.cloudfront.net/wp-content/uploads/2021/08/26120146/corwin_instructor_guide_final.pdf\)](https://d3tto5i5w9ogdd.cloudfront.net/wp-content/uploads/2021/08/26120146/corwin_instructor_guide_final.pdf).

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AUTHOR/EDITOR BIOGRAPHY

ANNA I. CORWIN is an associate professor of anthropology at Saint Mary's College of California in Moraga.

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