

## Be mindful, age more slowly

Thomas C. Fox | Aug. 27, 2009 NCR Today

Want to age more slowly? Try mindfulness. [At least one study](#) [1] links staying young with being mindful. When I was reading about the study I was, well, er, mindful about a book Benedictine Sister [Joan Chittister wrote](#) [2] recently in which she essentially argues that one's biological clock can be influenced by one's spiritual or psychological clock. She calls it aging gracefully. I like that too.

---

**Source URL (retrieved on 06/22/2017 - 17:18):** <https://www.ncronline.org/blogs/ncr-today/be-mindful-age-more-slowly>

### Links:

[1] [http://www.alternet.org/story/142232/reverse\\_aging%3A\\_easier\\_than\\_you\\_think/](http://www.alternet.org/story/142232/reverse_aging%3A_easier_than_you_think/)

[2] <http://ncronline.org/news/spirituality/joan-chittister-speaks-wisdom-graceful-aging>