

Podcast Profile



CONTACT DETAILS:

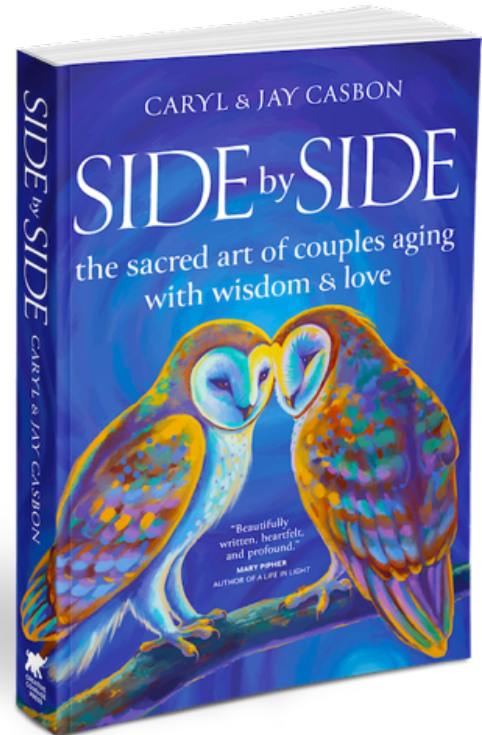
Caryl & Jay Casbon

carylcasbon@gmail.com (541) 390-8991

jaycasbon@icloud.com (541) 390-8992)

1097 Mockingbird Lane, Santa Barbara,
California 93110

<https://sidebysideaging.com>



About the Authors:

Caryl & Jay Casbon are the co-authors of *Side by Side: The Sacred Art of Couples Aging with Wisdom & Love*, released June 27, 2023. They first met at Lewis & Clark College in 1995 and married in 2001. They worked in educational leadership, teaching, writing, retreat facilitation, and ministry. To learn more about Caryl and Jay, go to www.SidebySideAging.com/about/

What we have to offer: After spending five years researching couples about the three themes the book addresses—committed relationships, aging, and spirituality—we are excited about bringing couples together for honest, courageous conversations. *Side by Side* offers a rare window into the intimate challenges and joys of couples fiercely committed to thriving and evolving in long-term partnerships, especially while aging. A useful reader's guide, included in the book, offers over 200 questions and practices to explore the chapters in detail. **Jay and Caryl offer coaching for working with couples' groups, online seminars, speaking engagements, and in-person retreats.**

For anyone curious about mature, abiding love, we explore questions like:

- How can we make the most of our remaining years?
- What does love mean now, at this seasoned age? Is marriage even worth the effort?
- How do we work with the tension of “me” and “we?” How much time together is good?
- How do we practice mutuality to support each other in body, mind, and spirit?
- How can we offer a beneficial presence to our troubled world?