

# Who Am I ... Now That I'm Not Who I Was?

Conversations with women in  
mid-life and the years beyond

Connie Goldman

978-1-932472-92-9 / 216 pages (pb) / \$19.95

Release date: October 2009

**A**ging can be a time of discovery. Everyone has the potential for change, learning, and growth. But in today's world, however, a great deal of energy is expended to avoid, delay, or mask the changes that accompany the aging process. In her new book of interviews, Connie Goldman explores a different and far more complex aspect of growing older: the many and varied choices women make in their middle years and beyond, as earlier objectives and personae fall away and new ones begin to take their place. In the course of eighteen interviews, we hear artists, administrators, housewives and physicians, teachers and social activists, describing how their sense of self has changed as they choose new paths, face the challenges of illness and divorce, care for elderly parents, pursue new career goals, or simply learn how to slow down and appreciate the passing days. The stories are full of wisdom and inspiration, and they give us insights not only into how women grow old, but how they grow *whole*. In brief asides, the author adds just the right amount of gentle probing and analysis to bring the depth and humanity of these stories fully to light.

There's an old saying: *"Age has given me what I was looking for my entire life; it gave me, me!"*

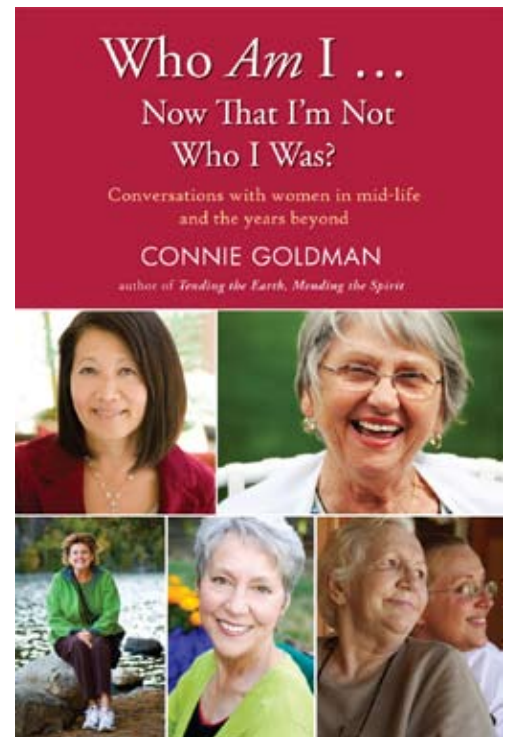
Connie Goldman is a former daily and weekend host of National Public Radio's All Things Considered and also an NPR arts reporter. Her mission for the past quarter century has been to write, speak, and produce public radio specials about transitions in mid-life and the years beyond. She is the author of six books and is a recipient of the Senior of the Year award from the American Society on Aging. More information about Connie and her work is available on her website, [www.congoldman.org](http://www.congoldman.org) and she can be reached via e-mail at [congoldman@aol.com](mailto:congoldman@aol.com).



**Nodin Press**

530 N. Third Street, Suite 120, Minneapolis, MN 55401

Contact Norton Stillman (612) 333-6300 / Fax (612) 333-6303



ORDER DIRECT FROM ADVENTURE PUBLICATIONS

[www.adventurepublications.com](http://www.adventurepublications.com) / fax 1-877-374-9016 / phone 1-800-678-7006