

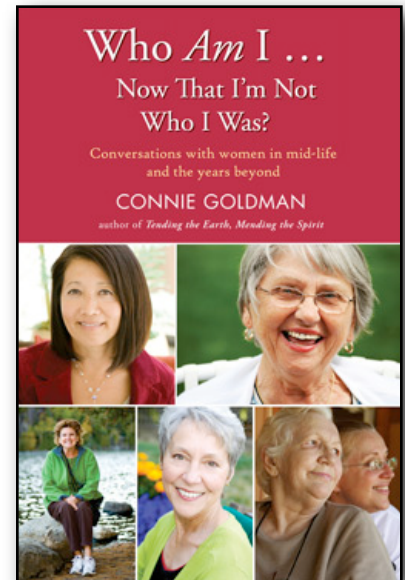
Books by Connie Goldman

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

Conversations with women in mid-life and the years beyond

Americans seem to have an appetite for staying young. Many take on the challenge to avoid, delay, or mask the changes that accompany their aging. Millions have almost an insatiable hunger to remain unwrinkled, thin, and youthful – to resist, delay, deny, outwit or camouflage that dreaded enemy, aging.

This book shares conversations with women between the ages of 50 and 80 that tell their personal stories – their reflections on dealing with the changes and challenges that have come into their lives. The specifics of each woman's life may be far different from yours, yet there is much to be learned from their experiences. Each story is an example of how we might welcome our own aging by not just growing old, but happily growing whole.



“Connie Goldman speaks about the aging process with a depth of understanding, insight and grace unlike any other. Her stories of discovery and excavation of the soul brought to life by women who have re-envisioned their lives, chosen new paths, or merely simplified, while also facing the challenges that come with the aging territory, are inspiring, poetic, full of wisdom – and a great deal of common sense. This landmark book makes you look forward to getting older – a valuable and rare gift in our culture.”

— Sharon B. Whiteley, CEO Third Age Inc.

“For more than 25 years I have talked with Connie Goldman, read her thoughts and interviews and she never ceases to amaze and inspire. This latest collection is a must read for anyone who thinks they know how women are aging. To age well is a gift.”

— Jane Glenn Haas, Founder, Woman Sage

“Once again, Connie Goldman gives us powerful stories to hold up to the light, so that we can compare them to our own stories of change, growth, and aging—gracefully or otherwise. The honesty, vitality, hopefulness, and energy of her subjects’ voices are brilliant facets that make this a gem of a book.”

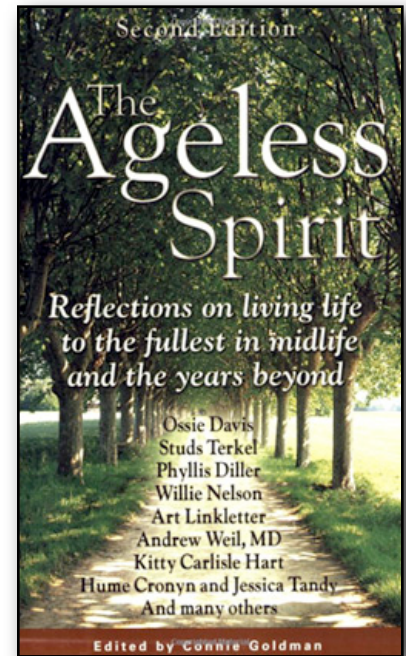
— Judy Goggin, Vice President, Civic Ventures

The Ageless Spirit

Reflections on Living Life to the Fullest in Mid-life and the Years Beyond

The private thoughts of public figures are a mirror for our own experience of what it means to grow old, to live life to the fullest and discover our own ageless spirit. Those who share their insights and wisdom in this newly revised book include Willie Nelson, Phyllis Diller, Walter Mondale, Kitty Carlisle Hart, and the late Jessica Tandy and Hume Cronyn, May Sarton, and Jason Robards.

An audio of select interviews from these books is available on audio cassette or CD.



"There is so much wisdom, so much charm, and so much ground for hope in this book."

— *Rabbi Harold S. Kushner, Author,
When Bad Things Happen to Good People*

"These stories are compelling, uplifting, and above all, sincere statements of how prominent people experience what it means to grow old. In looking close at their frank self-portraits, the astonishing thing is that the face we finally come to discover is our very own."

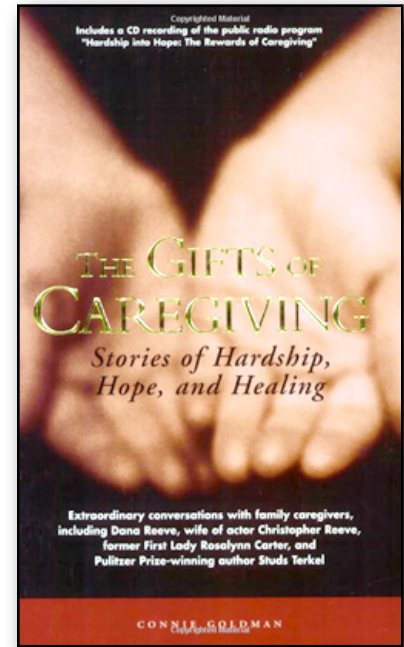
— *Harry "Rick" Moody, Ph.D.,
Director of Academic Affairs, AARP*

The Gifts of Caregiving

Stories of Hardship, Hope and Healing

More than 30 family caregivers---some well-known, some not so well-known--share their stories of caring for an ill, disabled, or aging loved one. All of these remarkable people cope with adversity in ways that leave us wondering: "Could I measure up to the challenge?" Most importantly, each of their stories reveals how the hardships of caregiving can be turned into a journey of hope and self-discovery. Includes interviews with Dana Reeve (wife of actor Christopher Reeve), former First Lady Rosalynn Carter, Pulitzer Prize-winning author Studs Terkel, and others whose lives were changed forever by the caregiving experience.

An audio presentation of select interviews from this book is also available on CD and audio cassette. The CD is included with purchase of the book.



"Will inspire those who are caregivers today, and enlighten those who may be caregivers tomorrow."

— *Bob Blancato*, Exec. Director of the 1995 White House Conference on Aging

"There is much wisdom, inspiration, and hope in these remarkable and heartfelt stories."

— *Gloria Cavanaugh*, Founder, American Society on Aging and Formerly President and CEO

"For the transforming power of these stories we can only be grateful."

— *Harry R. Moody, Ph.D.*, Director of Academic Affairs, AARP

"A book of enormous encouragement that will help us all to have a greater confidence in our common humanity."

— *Cicely Saunders*, Founder and President, St. Christopher's Hospice, London

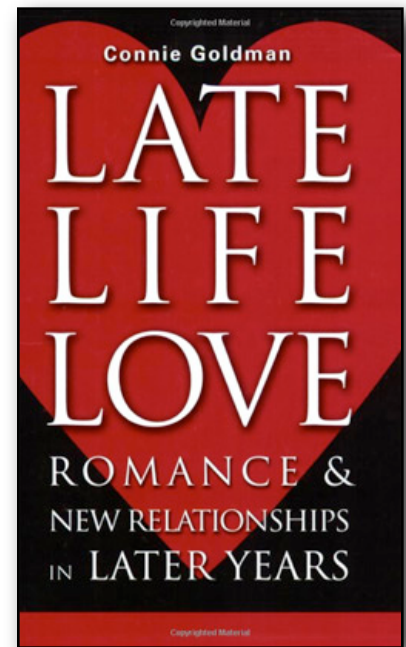
Late Life Love

Romance and New Relationships in Later Years

A new book presents older adults who have re-mated and reinvented themselves in the process.

The conversations with twenty-two couples interviewed in *Late-Life Love: Romance and New Relationships in Later Years* offer a glimpse of what seems to be a fast-growing reality: the re-mating of older individuals who are creating their own personal ways of growing a unique relationship together and sharing a late-life love.

What do these seemingly diverse couples have in common? They're all in their 60s, 70s, 80s, or 90s. They are part of a fast growing demographic of widows, widowers, and older divorced adults who are taking new partners in their later years. And they all share their stories of love, companionship, and intimacy in the new book *Late-Life Love: Romance and New Relationships in Later Years*



Late-life love comes with leftovers from our other lives—grandchildren, health concerns, previous living situations, sexual expectations, financial discrepancies, divorce, caregiving experiences, recent grief and loss as well as adult children that may or may not approve of their parent taking a new partner. Yet, each couple confirms the reality that, in the winter of our lives, we can still find summer.

"This book provides truly memorable stories about late-life love that will make us think about this whole topic in new ways. The subject itself isn't actually new. It's as old as ancient Roman comedy, a genre which used to routinely make fun of older people who had any interest in love or sex. But I suspect fewer younger people today will snicker with embarrassment once they've read Connie Goldman's revelations of true love in later years.

Her storytelling is devoid of anything sentimental or gushing. Perhaps from her own experience, she knows well enough the bittersweet quality of late-life romance, the sense of precious time, the vulnerability that comes with finding what is cherished."

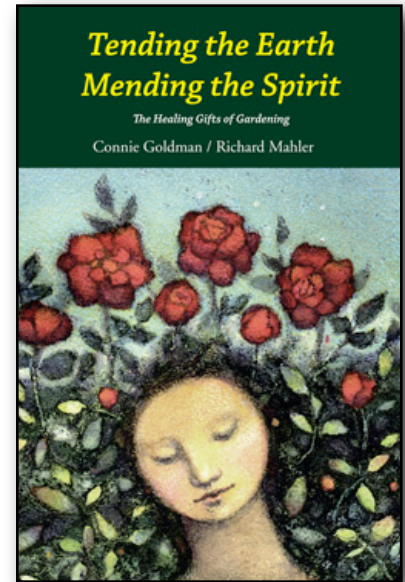
— *Harry R. Moody, Ph.D.*, Director of Academic Affairs, AARP

Tending the Earth, Mending the Spirit

The Healing Gifts of Gardening

In this wonderfully inspirational book, authors Connie Goldman and Richard Mahler reveal the healing power and abundant health-giving energy a relationship with nature, through gardening, can produce. Share the thoughts and feeling of those who love gardens in extraordinary interviews with gardeners of all stripes-urban and country; young adult, middle-aged, and elderly; male and female. Also read "The Wisdom of Gardening" in the Inspiring Stories section.

An audiotape presentation on this subject is available.



"A rare book... Tending the Earth, Mending the Spirit is simple, honest, sensitive and beautifully written."

— *Eddie Albert*, Actor and gentleman farmer (formerly of "Green Acres", now a gardener in his back yard)

"Connie Goldman is so right! There is so much more to the art of gardening than we often realize. This book reveals the soul of gardening."

— *Dr. Bill Thomas*, Founder, The Eden Alternative

"Here is a rejuvenating invitation to become involved in the natural healing spirituality that comes from honoring the rhythms of planet and of person."

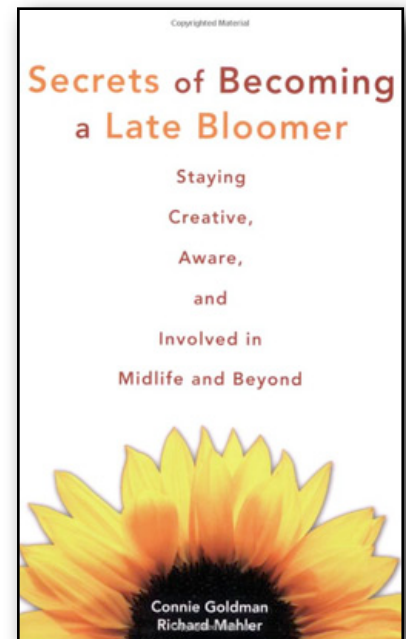
— *Rabbi Ted Falcon*, Author of "A Journey of Awakening"

Secrets of Becoming a Late Bloomer

The Art of Staying Creative, Involved, and Aware in Mid-life and Beyond

Extraordinary, ordinary people talk with Connie on the art of staying creative, alive and aware in midlife and beyond. This book is full of inspirational tales from older individuals on overcoming limitations, accepting new challenges, examining values, and contemplating the meaning of life along with strategies to bring about the late bloomer in each of us.

An audiotape on this subject is available - Look for "Late Bloomer Stories."



"This is not a how-to-do-book. It's a how-to-be-book. Anyone bothered about getting older can cure their anxieties by reading these tales of ordinary people who have transcended aging in a heroic fashion."

— *David Wolfe*, Author
"Serving the Ageless Market"

"This fine book reminds us that this land of opportunity extends to the middle and later years of life, when we can still invent new possibilities for ourselves."

— *Robert N. Butler, MD*, President and CEO of the International Longevity Center, New York