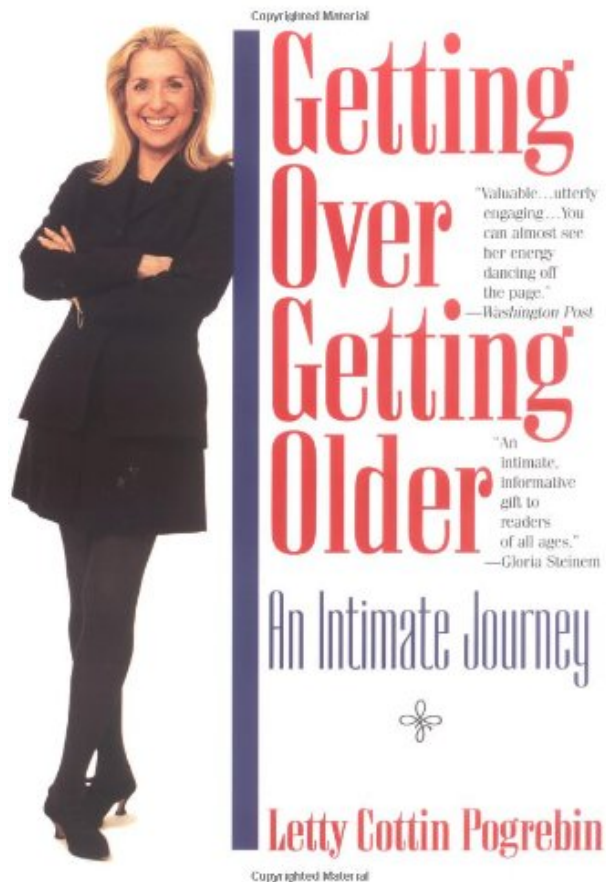


GETTING OVER GETTING OLDER BY LETTY COTTIN POGREBIN



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Getting Over Getting Older

"Valuable...utterly
engaging...You
can almost see
her energy
dancing off
the page."

—*Washington Post*

"An
intimate,
informative
gift to
readers
of all ages."

—Gloria Steinem

An Intimate Journey



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Getting Over Getting Older By Letty Cottin Pogrebin. It is the moment to improve and also revitalize your skill, knowledge and experience included some amusement for you after long period of time with monotone points. Working in the workplace, visiting research, picking up from exam and even more tasks may be finished as well as you have to begin brand-new points. If you feel so exhausted, why don't you try brand-new point? A very simple point? Reading Getting Over Getting Older By Letty Cottin Pogrebin is what our company offer to you will certainly know. And guide with the title Getting Over Getting Older By Letty Cottin Pogrebin is the reference currently.

Amazon.com Review

Not everyone--not even every feminist--holds to the belief that age brings wisdom, power, and its own beauty. Faced with turning 50, Letty Cottin Pogrebin, founder of Ms. and author of several books including *Growing Up Free*, says her reactions ranged "from astonishment to anger, from confusion to curiosity, from denial to disgust." Using herself as a compass and adding many other well-known voices, Pogrebin's irreverent book takes on friendship, sex, love, dieting, mothering adults, the physical and emotional depredations of aging, and mortality. Rather than stubbornly toeing the line on spurning plastic surgery, for example, she thoughtfully explores "the tension between artificiality and authenticity." In the end, she concludes, one can devote one's remaining years to lamenting and running after lost youth or put that time to far better uses. Despite a glib, overly playful tone that trivializes certain issues, Pogrebin's desire to share downplayed truths is a boon.

From Publishers Weekly

Pogrebin (Deborah, Golda and Me), a founding editor of Ms magazine, is the latest baby boomer to weigh in with her thoughts on what turning 50 means to a woman. In anecdotes that range from humorous and insightful to occasionally tedious and self-indulgent, drawn from her own experiences and from the lives of friends, the 55-year-old Pogrebin ruminates on the pros and cons of aging. According to the author, the loss of a youthful appearance and a decrease in energy are offset by the freedom that comes when child-rearing ends. Age, she says, can also bring a heightened sense of living in the now. Of particular interest is an account of Pogrebin's emotional turmoil when she had to have a needle biopsy after a suspicious mammogram reading. Although much of her advice for coping with midlife, such as the benefits of discovering solitude, is useful, certain suggestions like living well and traveling are available only to the financially secure. Major ad/promo.

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From Library Journal

From weight gain to incontinence, a founding editor of Ms. magazine discusses fiftysomething anxieties.

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"My feminist sisters . . . counsel women to welcome age", writes award-winning author and founder of "Ms". magazine Letty Cottin Pogrebin. "They discern nobility and power in the elder female. So do I, but I'm not in a hurry to "be" one. I hated turning 50, it's as simple as that". With a winning combination of insight and emotional honesty, she shatters myths about everything from menopause to monogamy--and offers women a new, mindful perspective on the middle chapters of their lives.

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Most helpful customer reviews

0 of 0 people found the following review helpful.

I read this book years ago when I turned 50 ...

By Denny Davis

I read this book years ago when I turned 50 and it was very helpful. I bought this as a gift from someone's 50th birthday but the condition of the book was not as expected so I returned it.

37 of 41 people found the following review helpful.

Superficial

By C. Lacher

Maybe I didn't enjoy this so much because I am only 45 and, therefore, a good 15 years younger than the author. That makes us of different generations making her personal anecdotes difficult to relate to. In addition, I don't have a great career, I'm not married, I don't live in a large metropolitan & cosmopolitan area, I don't have a group of fabulous girlfriends to drink wine and compare stories with, and I don't have kids (and likely never will) so again, I found a lot to not bond about with the author.

The opening chapter, however, was wonderful and had me howling in my chair. I hoped that fun would be maintained throughout the book. Instead, I felt the book spent too much time talking about superficial aspects of aging like eating right, exercising, and keeping your mind alert by trying new things (well, duh!). She also completely overlooks the more spiritual aspects of mortality in favor of political discussions about women in society (important but not what I'm needing right now). There was a rather graphic description of a breast biopsy which was riveting (the author holds nothing back there and thank you for that) Maybe in another five years I'll connect better instead of finding this to read very much like an irritating upbeat "how-to-be a glowing senior citizen article" out of Good Housekeeping Magazine. For now, I'd recommend *Awakening at Midlife* by Kathleen Brehony.

2 of 2 people found the following review helpful.

The lady doth protest too much

By Delin Colon

While I had adjustments to make when I came into my 50's, this book didn't really help, as Pogrebin was far more freaked out than I was about aging, and seems to spend the book convincing herself that it's ok. I wasn't concerned with a lot of the superficial stuff with regard to aging... looks, weight, etc. So it was more the spiritual and existential aspects of life that interested me. But, even up to the end of the book, it sounded to me like a frantic effort to make herself comfortable with the aging process. Letty's mother-in-law (my nursery school teacher), Esther Pogrebin, was a true feminist who was always comfortable in her own skin and freaked out by very little - now, she could have written a terrific book on aging.

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Based on the **Getting Over Getting Older By Letty Cottin Pogrebin** information that our company offer, you may not be so confused to be below as well as to be participant. Obtain now the soft data of this book Getting Over Getting Older By Letty Cottin Pogrebin as well as wait to be your own. You conserving can lead you to stimulate the ease of you in reading this book Getting Over Getting Older By Letty Cottin Pogrebin Even this is kinds of soft documents. You could actually make better chance to get this Getting Over Getting Older By Letty Cottin Pogrebin as the advised book to check out.

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