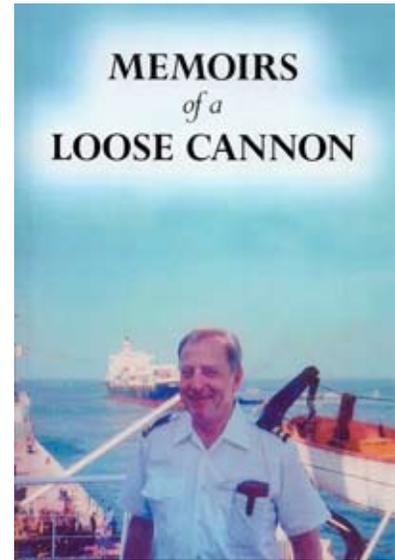
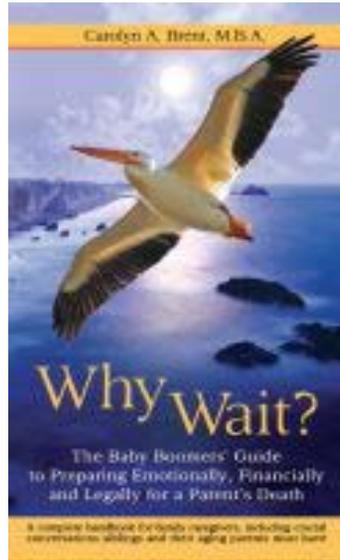
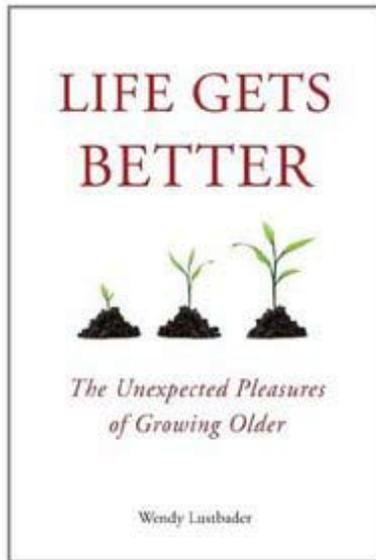


# Books for All Ages

By Marcella Gauthier #12371



The first two books deal with some issues of growing older. The first is a delightful book about the joys of the mature years; the second book is about end-of-life legal, financial and emotional concerns.

Next, I'm featuring a memoir of a fellow Escapees member, Bruce Banick #66902. Then, the memoir is followed by three children's books.

## **Life Gets Better— The Unexpected Pleasures of Growing Older**

Wendy Lustbader, Tarcher/Penguin Group 2011  
ISBN: 978-1-58542-892-2 • \$25.95

Well, it's an eye-catching title and cover and an even better book. Wendy Lustbader works with older people, their families and caregivers.

This book of essays gleaned from her experiences of working with aging issues provides us with various life-times of lessons learned. She has heard many stories and combines them with her personal experiences.

The title of the book reflects research indicating that youth is not generally the happiest time of life. The angst of new jobs, beginning relationships and trying to find your place in the world often cause pain. Young people usually lack the coping skills that come with age. It seems that with hindsight clearly understood, the best years are after the age of 60 and increase into the 70s.

"It is only in reviewing our past that we can appreciate what we've learned and find that acceptance is one of the greatest blessings of our older years."

For years I have asked the question of people older than 55, "Except for the part about the body, would you go back to being in your 20s again?" And consistently the answer was an emphatic "NO!"

It is only in reviewing our past that we can appreciate what we've learned and find that acceptance is one of the greatest blessings of our older years.

As Wendy Lustbader asserts, we gain self-knowledge, confidence and an increasing capacity to be true to ourselves. We grow in our appreciation of our lives and the lessons we have learned.

The book is divided into three parts: hope, transformation and peace. Each part contains small essays on such topics as resilience, composure, slowing down, attitude, gratitude, spirituality, what matters most and generosity. Each essay is short and a nice quick read before turning out the lights at bedtime, providing something to ponder while drifting off to sleep.

I find myself re-reading many of the essays as I learn new things each time I read an essay. Well-written and a delight to read. Great for those meditative moments of the day. Why wait?

**The Baby Boomers Guide to Preparing Emotionally, Financially and Legally for a Parent's Death**

Carolyn A Brent, [www.CaregiverStory.com](http://www.CaregiverStory.com) 2011  
ISBN: 9780615475011 • \$14.95

Written in a casual, friendly tone, Carolyn Brent shares her personal story of dealing with her father's aging while providing valuable insights and knowledge about dealing with this time of life. Carolyn is an aging issues authority and an inspirational speaker.

This book is interesting to anyone as the primary caregiver for an aging parent, or the parent wishing to set into place their personal medical, financial and legal desires and other end-of-life decisions so that the family understands and will be compliant with the parent's wishes.

Carolyn Brent's personal story is a cautionary tale of not attending to the importance of good family communication and having all negotiations and contracts legally vetted. This is a useful book for these sometimes difficult conversations and decisions.

**Memoirs of a Loose Cannon**

Bruce Branick #66902 (SKP 66902), 7-SeasPress 2011  
ISBN 978-0-692-01363-2 • \$14.95

This is the memoir of Bruce Branick, a 90-year-old retired U.S. Merchant Marine sailor. From the Great Depression through the many wars since, Bruce has been there.

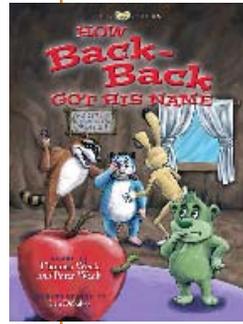
Bruce refers to himself as an ordinary man with extraordinary experiences. His adventures are fascinating, and he does a fine job of putting you at the scene with well-written details.

Live the adventure without ever leaving your comfortable armchair. Like many a sailor with world experience, Bruce has some very strong opinions, and he is not shy with sailor talk. Not for the delicate reader.

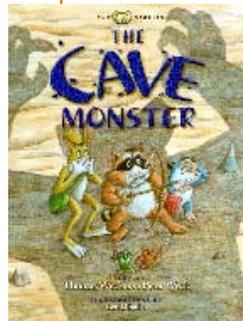
*However, a little side-bar note from Bruce came in addressed to Mrs. Lasko. "What you have done with Escapees magazine I thought only happens in New York. You've really gone Madison Avenue. Terrific magazine." BB*



**The Megasaurus**  
(ISBN: 978-1-933872-12-4)



**How Back Back Got His Name**  
(ISBN: 978-1-933872-14-8)



**The Cave Monster**  
(ISBN: 978-1-933872-01-8)

Thomas Weck and Peter Weck, Illustrations by Len DiSalvo, Lima Bear Press 2011, [www.lima-bearpress.com](http://www.lima-bearpress.com) • \$15.95 each

These three charming books, with their delightful large-format illustrations, tell the adventures of the inhabitants of the Kingdom of Beandom.

The tiny, multicolored, bean-shaped bears and their friends—the rabbit, the opossum and the raccoon—solve mysteries, defend their kingdom from the Megasaurus and rescue one of their friends from The Cave Monster.

Lessons about believing in yourself and having the courage of your convictions, finding strength by working together for a common cause and respecting individual differences are the take-away messages of each of the three books. These books are suitable for children four to eight years of age. They will need to be read to younger children but can be read by avid eight-year-old readers.

Seems as though I've gone backwards, from old age to children's books. That's life, or is it? 🐻

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