



70Candles! Women Thriving in Their 8th Decade

By Jane Giddan and Ellen Cole

As they turned 70, the authors of *70Candles! Women Thriving in Their 8th Decade* set out to investigate how women their age and older were living their lives. Jane Giddan and Ellen Cole sought role models for themselves and messages for the droves of baby boomers on their heels. They were curious about the challenges and joys of their age-mates, their work and retirement status, living arrangements, family and social connections, and more. These septuagenarians knew they were not like their own grandmothers who sat in rocking chairs knitting. But what is the new normal?

This book demonstrates that 70 is part of an intriguing new stage of life, not just a birthday like any other. Informative and inspirational, it describes what the authors found in their reading, their ongoing 70candles.com blog, and in 70candles conversation groups held in various parts of the U.S. It is aimed at women approaching 70 and in their 70's, and those interested in this journey—men, women, family and friends.

IT MAY BE STRANGE to say this about a practical guidebook on woman and aging but this one is pure delight—uplifting, engaging and alive with the voices of wise women. My favorites are the 95-year-old who has a martini every night and goes barefoot as much as possible, and Nina, the futuristic woman whom the authors conjure as the strong, self-sufficient oldie all of us can become with the aid of technology. In 2016, the baby boomers start turning 70. No woman should take that leap without *70Candles!* at her bedside.

~Letty Cottin Pogrebin, author of *Getting Over Getting Older*

70CANDLES! OFFERS wonderful wisdom, advice, and practical tips for making the most of life after seventy. In stark contrast to gloomy media portraits of aging, the authors show us how the later years can be filled with joy, excitement, and vibrant living. A book for every older person— and everyone who will become one!

~Karl Pillemer, Ph.D., author of *30 Lessons for Living: Tried and True Advice from the Wisest Americans*

To order: www.taosinstitute.net/70candles

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