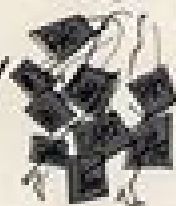


Suddenly Sixty  JUDITH VIORST 

Suddenly Sixty



AND OTHER SHOCKS



OF LATER
LIFE

JUDITH
VIORST

AUTHOR OF *Forever Fifty*

For Robert Bice,
with affection &
with thanks for many
years of wonderful
hugs -
Judith

WITHDRAWN FROM THE
COLLECTION OF THE
UNIVERSITY OF MICHIGAN

Suddenly Sixty And Other Shocks Of Later Life

Judith Viorst



Suddenly Sixty And Other Shocks Of Later Life:

Suddenly Sixty Judith Viorst, 2001-02-21 Judith Viorst is known and loved by readers of all ages for children's books such as *Alexander and the Terrible Horrible No Good Very Bad Day* nonfiction titles including the bestseller *Necessary Losses* and her collections of humorous poetry in her decade series which make perfect gifts for birthdays Mother's Day graduation Christmas Chanukah or at any time of year *Suddenly Sixty* is a funny and touching book that speaks directly to the sixtyish woman inviting her to laugh about sigh over and come to hopeful terms with the complex issues of this decade of life Among the poems in this charmingly illustrated collection are those exploring the joys and strains of children and grandchildren and the intimacy of old friends who've known each other so long We knew each other back when we were virgins There are poems that tip their hat to mortality wrestle with a husband's retirement He's coming with me when I shop at the supermarket So I won't have to shop alone I like alone and acknowledge the fact that at this stage of life we'd give up a night of wild rapture with Denzel Washington for a nice report on my next bone density test Offering plenty of laughs a few tears and cover to cover truths these are poems for everyone who would rather say never say die than enough is enough Every woman who has reached this decade will rueful and smiling find herself in the pages of this book *Sensational After 60* Shirley Mitchell, 2013-06-19 Your career is nearing its end Your grandchildren are leaving home Health challenges are affecting some of your closest relationships It's the aging thing the dreaded A word If you find yourself dreading any more candles on your birthday cake take some tips from Shirley Mitchell Teaching people how to live sensational lives after 60 is her passion She's succeeded at it and so can you Shirley addresses a host of important issues from medical concerns to coping with the loss of a spouse Learn how to embrace challenges like Grandparenting Nutrition and health choices Unexpected opportunities and challenges The end of a marriage Finances Most of all you will learn that your future is immeasurably bright Your best years may still be ahead of you **Grandparents' Guide to Gifted Children** James T. Webb, Janet L. Gore, Frances A. Karnes, 2004 Grandparents with their greater life experience will often realize Xeven before the parents Xthat a child is gifted and that the child will need additional emotional and intellectual sustenance Grandparents Guide to Gifted Children includes XEarly signs of giftedness XSpecial needs of gifted children XAreas of concern XUnique roles of grandparents XBuilding a bond with a grandchild XMaximizing grandparenting XEducation plans XWhen a grandparent is the parent XLeaving a personal legacy Necessary Losses Judith Viorst, 2010-05-11 From grief and mourning to aging and relationships poet and Redbook contributor Judith Viorst presents a thoughtful and researched study in this examination of love loss and letting go Drawing on psychoanalysis literature and personal experience *Necessary Losses* is a philosophy for understanding and accepting life's inevitabilities In *Necessary Losses* Judith Viorst turns her considerable talents to a serious and far reaching subject how we grow and change through the losses that are a certain and necessary part of life She argues persuasively that through the loss of our mothers protection the loss of the impossible

expectations we bring to relationships the loss of our younger selves and the loss of our loved ones through separation and death we gain deeper perspective true maturity and fuller wisdom about life She has written a book that is both life affirming and life changing **Lighter as We Go** Mindy Greenstein, Jimmie Holland, 2017-12-12 Contrary to common wisdom and the fears of mid lifers our sense of well being actually goes up in older age even in the presence of illness or disability Lighter as We Go is the first book to explore how and why that is drawing on positive psychology and concepts of character strengths and virtues **Too Much Togetherness: Surviving Retirement as a Couple** Miriam Goodman, 2023-02-02 Look forward to a happier retirement with this fantastic guidebook for couples You are not alone in your quest for a retirement that is both rewarding and productive Filled with stories and tips this book will successfully lead you and your spouse to cope with the changes that retirement brings Grow closer together and retain your sanity as you fall in love all over again **The Art of Marriage Maintenance** Sylvia R. Karasu, Toksoz Byram Karasu, 2005 Given the fact that 50% of marriages end in divorce you would think marriage wouldn't be so popular but getting married is one of the most popular of all life events In fact many new couples are willing to face considerable debt for the wedding ceremony alone It seems that many people spend more time on planning the wedding than on thinking about marriage and what it entails The Art of Marriage Maintenance is about marital life after the wedding It is about psychological and biological difficulties between men and women that make marriage so challenging It is about why passion is in danger of fading within marriage how hormones exacerbate behavior and how the brain confounds us It is about how pregnancy and having young children and adolescents often catapult a marriage to its breaking point and how the stresses of mid life contribute to marital discord It is in effect how to ensure a happy enduring marriage It is the art of marriage maintenance The Language of Humor Alleen Pace Nilsen, Don L. F. Nilsen, 2018-11 Explores how humor can be explained across the various sub disciplines of linguistics in order to aid communication **More Grandmothers Are Like Snowflakes...No Two Are Alike** Janet Lanese, 2013-05-22 No one gives comfort love and laughter like a grandma can Your grandma and your dog will always love you no matter what you do says Matthew age ten From the mouths of babes and grandmas comes this irresistible sequel to the beloved Grandmothers Are Like Snowflakes Here is an all new treasury of wise witty and wonderful sayings and advice from veteran grandmas first timers and grandmothers in waiting including such famous names as Sophia Loren Maya Angelou and Barbara Bush Here are hilarious and heartwarming observations plus wisdom for negotiating the sometimes delicate challenges of grandparenting Don't miss The secrets of staying young with your grandchildren Grandma Jan's gentle but hard won wisdom The fountain of youth and other things only grandmas know What children really think about their grandmothers And more **Love and Sex** Nieli Langer, 2024-12-06 Our parents and grandparents do have sex There I've said it Love and Sex Are we ever too old is an opportunity to revisit the idea that the need for love and sex regardless of age gender sexual orientation or marital status is normal and natural The book is a collage of photos of older couples cartoons selected poetry about sexuality and

couplehood as well as reviews of books and films that have celebrated late life love and sexuality The book is an original way to teach adult children grandchildren and the current cohorts of aging individuals to understand and accept the sexuality of maturing adults In so doing they can help transform the meaning of love and sexuality up to the very limits of life itself

Subtle Isn't My Style . . . Nieli Langer,2023-12-05 In *I m Not Subtle* the author reflects on who she is how she has and continues to behave her closest relationships and what they mean to her It is a psychological self portrait that stretches back to roots in her childhood and her private and professional life with experiences and impressions that make her a uniquely unfiltered Yenta

Insane for the Light Ronald Rolheiser,2025-10-28 A spiritual journey through life s final years and its mellowing of souls the long awaited conclusion of Father Rolheiser s trilogy of modern spiritual classics following *The Holy Longing* and *Sacred Fire* As the shadows lengthen and we find ourselves no longer in the morning or noon of life but rather face its approaching dusk we uncover a new spiritual task to give away the final years of our lives and ultimately our deaths So argues beloved author Ronald Rolheiser During life s first years we embark on a search for meaning and discover in ourselves a profound unquenchable thirst for the Divine And when we reach adulthood we realize that we are called to give our lives away to our spouses children careers friends and neighbors in need But in the end we must learn to let it all go In this highly anticipated conclusion to Father Rolheiser s spiritual classics *The Holy Longing* and *Sacred Fire* and with characteristic attentiveness and care Rolheiser accompanies readers on a spiritual journey through life s final years and the mellowing of our souls In these years bitterness can give way to forgiveness mere imagination to profound and subtle faith wishful optimism to virtuous hope and control to surrender Readers will learn to see in Jesus a model for a spirituality of holy passivity rather than activity and find in him the courage to overcome the darkest nights of faith Drawing on the work of John of the Cross and Henri Nouwen Rolheiser outlines a spirituality capable of giving away one s death and by that a spirituality of truly living

The Mind of the Leader T. Byram Karasu,2023-11-02 *The Mind of the Leader* is a unique book on leadership written through the prism of a seasoned professor of psychiatry and himself a leader in his field For decades T Byram Karasu has treated advised and coached highly successful executives and captains of various industries Some books on leadership focus on strategies management styles information systems and other technical skills This book starts where these how to manuals end and offers a different paradigm for leadership With case vignettes formal and informal encounters and old world uncommon wisdom Dr Karasu demonstrates sources of formidable successes and causes of potential catastrophic failures in leaders

Forever Fifty Judith Viorst,1996-09-03 Amusing poems written about various aspects of being fifty years old

It's Hard to Be Hip Over Thirty Judith Viorst,2019-04-02 Bringing together some of the best of Judith Viorst s witty and perceptive poetry and featuring the illustrations from the original edition by John Alcorn Viorst explores the all too true ironies and absurdities of being a woman in the modern world Whether she s finding herself or finding a sitter contemplating her sex life as she rubs hormone night cream on her face or wrestling with the contradiction of

falling in love with a man her parents would actually approve of Viorst transforms the familiar events of daily life into poems that make you laugh with recognition Here is the young single girl leaving her parents home for life in the big city No I do not believe in free love And yes I will be home for Sunday dinners Here is the aspiring bohemian with an expensive liberal arts education getting coffee and taking dictation Hoping that someday someone will be impressed With all I know Here is that married woman coping with motherhood The tricycles are cluttering my foyer The Pop Tart crumbs are sprinkled on my soul and fantasy affairs I could imagine cryptic conversations clandestine martinis and me explaining that long kisses clog my sinuses and all too real family reunions Four aunts in pain taking pills One cousin in analysis taking notes And here she is at mid life wondering whether a woman who used to wear a Ban the Bomb button can find happiness being a person with a set of fondue forks a fish poacher and a wok Every step of the way It s Hard to be Hip Over Thirty and Other Tragedies of Married Life demonstrates once and for all that no one understands American women coming of age like Judith Viorst It s Hard to be Hip Over Thirty and Other Tragedies of Married Life is a reissue of the previous collection originally titled When Did I Stop Being Twenty and Other Injustices **How Did I Get to Be Forty** Judith Viorst,2019-04-02 And so you ve reached that time in life when you re starting to pick investments over adventure And clean over scenic and comfortable over intense when even though in your heart of hearts you re much younger the rest of you is how did it happen forty Judith Viorst the wise and witty lady of It s Hard to Be Hip Over 30 and Other Tragedies of Married Life is here to guide you through these forty ish years with poems that reflect the highs the lows and the everything in between of midlife Viorst playfully considers the prospects of sagging kneecaps awkward college reunions and fantasies of love in the afternoon being baffled by one s Buddhist bisexual vegetarian Maoist offspring cholesterol counts adult education courses and other atrocities of midlife which somehow aren t as painful when you can laugh at them Filled with warmth humor and insight How Did I Get to Be 40 Other Atrocities is Judith Viorst at her best **Unexpectedly Eighty** Judith Viorst,2010-10-05 Judith Viorst returns with more poems in her Decades poetry series detailing the highs and lows of being an octogenarian Continuing the comedic insight from I m Too Young to be Seventy these verses of memories and advice from eighty years of love marriage and grandchildren are sure to bring laughs What does it mean to be eighty In her wise and playful poems Judith Viorst discusses love friendship grand parenthood and all the particular marvels and otherwise of this extraordinary decade She describes the wonder of seeing the world with new eyes not because of revelation but because of a successful cataract operation She promises not to gently fade away and not to drive after daylight s faded away either She explains how she s gotten to be a three desserts grandmother Just don t tell your mom shares how memory failure can keep you married and enumerates her hopes for the afterlife which she doesn t believe in but if it does exist her sister in law better not be there with her As Viorst gleefully attests eighty is not too old to dream to flirt to drink and to dance It s also not too late to give up being cheap or to take up with a younger man of seventy eight Zesty hopeful and full of the pleasures of living Viorst s poems speak to her

legions of readers who recognize themselves in her knowing observations in her touching reflections and in her joyful affirmations Funny moving inspirational and true the newest in Judith Viorst's beloved decades series extols the virtues victories frustrations and joys of life The Woman's Guide to Hysterectomy Adelaide Haas, Susan L. Poretz, 2013-06-26 Hysterectomy is performed more than any other surgical procedure for women with the exception of the cesarean section Authors Adelaide Haas and Susan L Poretz both professors in the field of health have experienced hysterectomy firsthand Dismayed by the limited information available to them they collaborated on this comprehensive book about a critically important subject for women THE WOMAN'S GUIDE TO HYSTERECTOMY addresses common fears expectations and questions regarding such issues as what to ask your doctor second opinions preparations for surgery sex and sexuality after surgery and life after hysterectomy Encouraging all women to become more actively involved in their own health care this book is a practical catalog of the latest medical information and provides much needed reassurance for women faced with this life altering decision Thoroughly revised to include the latest research and developments including new treatment options and alternatives to HRT hormone replacement therapy Original edition sold 10 000 copies **Nearing Ninety** Judith Viorst, 2019-04-02 The newest illustrated poetry collection in beloved author Judith Viorst's decade series from It's Hard to Be Hip Over Thirty to Unexpectedly Eighty exploring with her signature savvy and humor what it means to be an impending nonagenarian In Nearing Ninety bestselling author Judith Viorst candidly shares the complicated joys and everyday tribulations that await us at the age of ninety all with a large dose of humor and an understanding that nothing well almost nothing in life should be taken too seriously While she struggles to make it to midnight on New Year's Eve while she's starting to hear more eulogies than symphonies while she'll forever be disheartened by what she weighs and forever unable to stop weighing herself there is plenty to cherish at ninety hanging out with the people she loves Playing a relentless game of Scrabble And still sleeping tush to tush with the same man to whom she's been married for sixty years Accompanied by Laura Gibson's whimsical illustrations Nearing Ninety's amusing and touching reflections make this collection relatable to readers of all ages With the wisdom and spunk of someone who's seen it all Viorst gently reminds us that everybody gets old and that the best medicine at any age is laughter **I'm Too Young To Be Seventy** Judith Viorst, 2007-11-01 The beloved author of Forever Fifty and Suddenly Sixty tackles the ins and outs of becoming a septuagenarian with wry good humor Fans of Viorst's funny touching and wise decades poems will love these verses filled with witty advice and reflections on marriage milestones and middle aged children Viorst explores among the many other issues of this stage of life the state of our sex lives and teeth how we can stay married though thermostatically incompatible and the joys of grandparenthood and shopping Readers will nod with rueful recognition when she asks Am I required to think of myself as a basically shallow woman because I feel better when my hair looks good when she presses a few helpful suggestions on her kids because they may be middle aged but they're still my children and when she graciously but not too graciously selects her husband's next mate in a

poem deliciously subtitled If I Should Die Before I Wake Here's the Wife You Next Should Take Though Viorst acknowledges she is definitely not a good sport about the fact that she is mortal her poems are full of the pleasures of life right now helping us come to terms with the passage of time encouraging us to keep trying to fix the world and inviting us to consider drinking wine making love laughing hard caring hard and learning a new trick or two as part of our job description at seventy I'm Too Young to Be Seventy is a joy to read and makes a heartwarming gift for anyone who has reached or is soon to reach that it's not so bad after all seventh decade

The Top Books of the Year Suddenly Sixty And Other Shocks Of Later Life The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. Suddenly Sixty And Other Shocks Of Later Life : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

<https://archive.kdd.org/data/uploaded-files/HomePages/Speaking%20In%20Tongues%20A%20Cross%20cultural%20Study%20Of%20Glossolalia.pdf>

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