

Suddenly Sixty

AND OTHER SHOCKS
OF LATER LIFE

JUDITH VIORST

Illustrated by Laurie Rosenwald

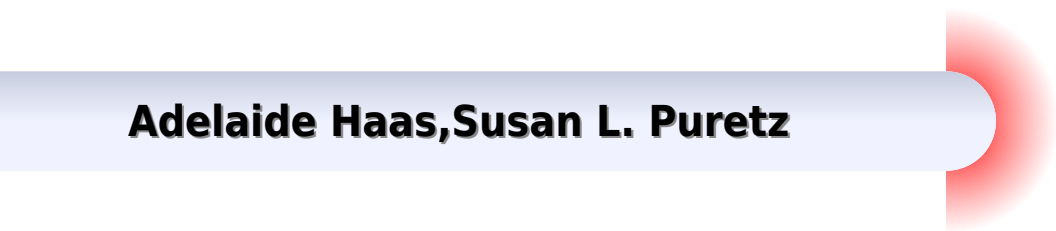


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Suddenly Sixty And Other Shocks Of Later Life English Edition

Adelaide Haas, Susan L. Puretz



Suddenly Sixty And Other Shocks Of Later Life English Edition:

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 [Merry Wives and Others](#)

Penelope Fritzer, Bartholomew Bland, 2010-06-28 In many ways the history of domestic humor writing is also a history of domestic life in the twentieth century For many years domestic humor was written primarily by females significant contributions from male writers began as times and family structures changed It remains timeless because of its basis on the relationships between husbands and wives parents and children houses and inhabitants pets and their owners chores and their doers and neighbors This work is a historical and literary survey of humorists who wrote about home It begins with a chapter on the social context of and attitudes toward traditional domestic roles and housewives The following chapters beginning with the 1920s and continuing through today cover the different time periods and the foremost American domestic humorists and the humor written by surrogate parents grown children about their childhood families husbands and Canadian and English writers Also covered are the differences among various writers toward traditional domestic roles some like Erma Bombeck and Judith Viorst embraced them while others like Caryl Kristenson and Marilyn Kentz resisted them Common themes such as the isolation and competitiveness of housework home as an idealized metaphysical goal and ongoing physical challenge and the urban suburban and rural life are also explored *Forever Fifty* Judith Viorst, 1996-09-03 Amusing poems written about various aspects of being fifty years old **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 Talking Book Topics ,2007 **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 **Transitions in Dying and Bereavement** Moira Cairns,Marney Thompson,Wendy Wainwright,2003 Find the words and the deeds to meet the psychosocial needs of chronically ill and dying people their families and caregivers in this first ever strengths based step by step guide through the labyrinthine process from diagnosis to death to bereavement Transitions in Dying and Bereavement puts a human face on a difficult yet unavoidable topic This book comprehensively and compassionately covers the key transitions that dying people and their families face and the most effective interventions to facilitate the transitions Employing their many years of experience in hospice and palliative care this team of counselors and other health care professionals provides clear explanations of current theory and research related to hospice palliative and bereavement care ways to help alleviate anxiety fear fatigue and feelings of denial and powerlessness ways to improve communication about the experience of dying help in planning for death the Palliative Performance Scale a functional assessment tool sensitive explanations on navigating the three phases of grief perspectives on difficult issues such as body image sexuality and intimacy multicultural and interdenominational perspectives on death and dying ways to support staff and much more Activities exercises case studies personal essays poetry and illustrations are liberally and strategically located throughout the text forming the perfect in service classroom or professional development tool for nurses physicians counselors social workers allied health professionals volunteers and others who work with people

traversing the end of life experience **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 **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 **You're Only Young Twice** Ronda Beaman, 2006 The science of growing young neoteny underpins this book about maintaining or rediscovering ten youthful traits in ourselves as we age The traits are resilience optimism wonder curiosity joy humor musicality song and dance work play and learning Across all there is love The reader is encouraged to keep a Young Twice Chronicle for recording thoughts and outcomes as the book suggests do overs and other

activities for growing young from the inside out **Imperfect Control** Judith Viorst, 2014-10-21 In her remarkable national bestseller *Necessary Losses* Judith Viorst explored how we are shaped by the various losses we experience throughout our lives Now in her wise and perceptive new book *Imperfect Control* she shows us how our sense of self and all our important relationships are colored by our struggles over control over wanting it and taking it loving it and fearing it and figuring out when the time has come to surrender it Writing with compassion acute psychological insight and a touch of her trademark humor Viorst invites us to contemplate the limits and possibilities of our control She shows us how our lives can be shaped by our actions and our choices She reminds us too that we sometimes should choose to let go And she encourages us to find our own best balance between power and surrender [Jewish Book World](#) ,2000 **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 **Grown-Up Marriage** Judith Viorst, 2008-06-23 Although marriage is for grown ups very few of us are grown up when we marry Here the bestselling author of *Suddenly Sixty* and *Necessary Losses* presents her life affirming perspective on the joys heartaches difficulties and possibilities of a grown up marriage and no that s not an oxymoron Featuring interviews with married women and men the findings of couples therapists the truths offered by literature and movies and a bemused exploration of her own marriage Judith Viorst illuminates the issues couples struggle with from I do through till death do us part Examining marital rivalry marital manners marital sex extramarital too marital fighting and apologies what kids do for and to marriage and the boredom and bliss of everyday married life Viorst leaves no marital stone unturned From the early years when we wonder Who is this person and What am I doing here to the realities of divorce remarriage and growing older and old together Viorst offers insights and advice with honesty humanity and humor all the while recognizing how tough it is to be married and when it works how very precious it can be **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 **American Book Publishing Record** ,2001 *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 **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 *Wait for Me* Judith Viorst,2015-10-20 A collection of poems that explores the peeves and pleasures of a long marriage and what lies beyond Judith Viorst began publishing poetry in the 1960s in *New York* magazine and since then her works have celebrated life s milestones with wit and poignancy Married for fifty five years she now casts a rueful experienced eye on the amusing annoyances and deep satisfactions of a long marriage and what a couple must inevitably confront together The Grandparent Vocation Richard P. Olson,2022-10-17 Many grandparents experience a surge of joy with the birth or adoption of a grandchild For years afterward time together is eagerly coveted pictures are treasured and displayed and multiple gifts along with various kinds of support are gladly provided Richard Olson a retired minister professor of theology and grandparent many times over presents the unconditional love of a grandparent as indicative of a vocation a calling from God

He explores the vocation of grandparent in all of its multiple dimensions of being and doing. Informed by a biblical perspective, the book explores the author's personal journey of grandparenting and includes conversations with a diverse set of other grandparents. Olson examines biblical examples of grandparenting and suggests that the grandparent vocation has possibilities that often go unnoticed. These include care, enjoyment, and response to issues throughout a grandchild's growth. He also addresses concerns for our grandchildren's future world and how grandparents can engage in mutual conversation about faith, morals, and values in a changing world. In addition, Olson discusses increasingly common relationship types such as grandparents serving as primary caregivers, adults becoming step grandparents through marriage, interreligious family systems, and grandparents handling children with special needs. The book includes questions for personal or group reflection.

Embracing the Tune of Appearance: An Mental Symphony within **Suddenly Sixty And Other Shocks Of Later Life English Edition**

In a world eaten by screens and the ceaseless chatter of instantaneous interaction, the melodic beauty and psychological symphony produced by the prepared term often diminish in to the back ground, eclipsed by the persistent noise and interruptions that permeate our lives. But, situated within the pages of **Suddenly Sixty And Other Shocks Of Later Life English Edition** a stunning literary prize overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that interesting masterpiece conducts visitors on an emotional journey, well unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths of this touching assessment, we can explore the book is central harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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