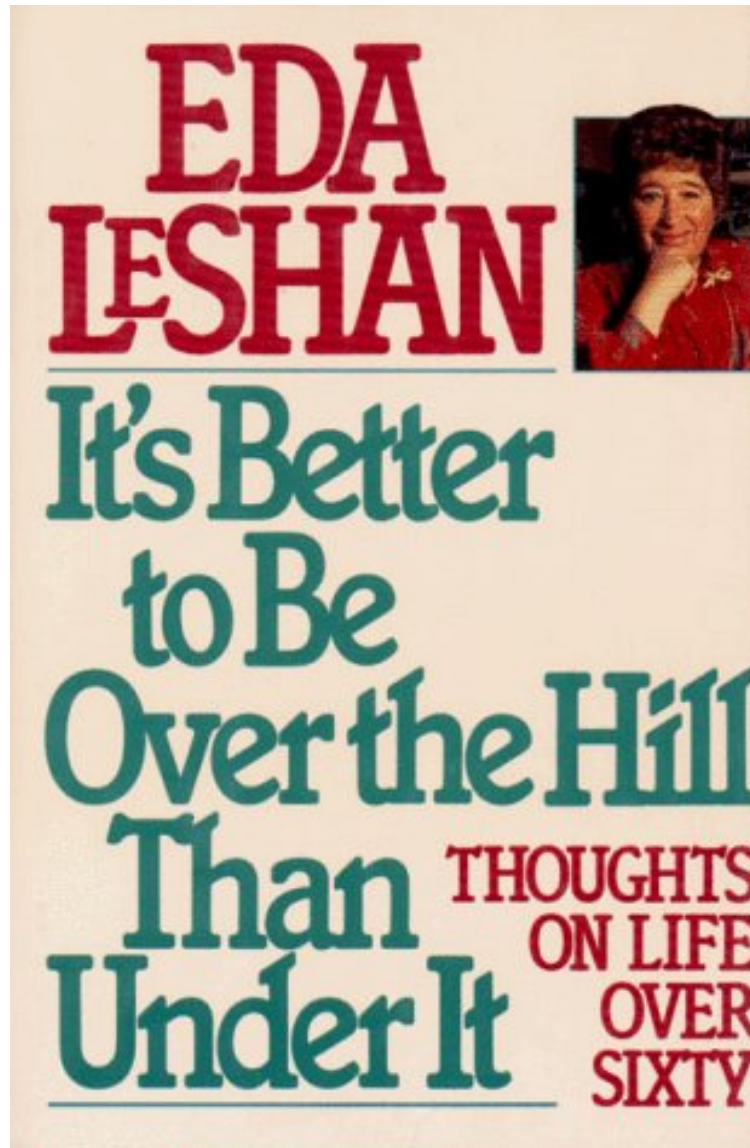


[Download ebook] It's Better to Be over the Hill Than Under It: Thoughts on Life over Sixty

It's Better to Be over the Hill Than Under It: Thoughts on Life over Sixty

Eda J. LeShan

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Eda J. LeShan : It's Better to Be over the Hill Than Under It: Thoughts on Life over Sixty before purchasing it in order to gage whether or not it would be worth my time, and all praised It's Better to Be over the Hill Than Under It: Thoughts on Life over Sixty:

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delivery.

Several years ago, when sixty-five-year-old Eda LeShan was invited by Newsday to write a regular column on getting old, she felt insulted and panic-stricken. "I still inwardly perceived myself as a thirty-five-year-old child psychologist and parent and family-life educator. What did I know about old ... What I didn't know as I started writing was that this was the beginning of the most important emotional adjustment to the final stage in my life: Acceptance. Writing the column finally taught me that looking backward is for cowards; the real test was: Could I deal creatively with the present, no matter what the inevitable aspects of aging were, and could I anticipate each day ahead?" The best of the columns that inspired this joyful change of perspective in one of America's favorite educators, family counselors, and writers are now collected, for the first time, in *It's Better to Be Over the Hill Than Under It*. A cornucopia of observations and anecdotes, options and strategies, these selections brim with the special empathy, frankness, integrity, and humor that have been the LeShan trade-mark for the last forty-five years. Presented in three sections, entitled "Loving and Living," "Memories," and "Growing and Changing," the seventy-five essays range from *An Open Letter to the Tooth Fairy* ("Please leave my first teeth under the pillow.") to *Nothing Is Simple Anymore* ("We who are getting older are not getting paranoid; it is really true that the world is now against us.") to *Divorce After Sixty* ("It's never too late to nourish a marriage worth saving."). All the intricacies of human affairs are touched on: love, friendship, marriage, money, work, health, sex, retirement, holidays, grandparenting, children, and more. Throughout, in what is a lesson for us all--no matter what age-- Eda LeShan encourages us to continue to love and to grow and to keep our minds and imaginations receptive and alive.

From Publishers Weekly
Psychologist LeShan, columnist for *Woman's Day*, *Parents* and various newspapers, stresses that adjusting to age-related setbacks is essential to making the most of old age. She defends the elderly's right to complain about pain, fears, finances, loss of independence, etc., and with wry humor dismisses the contention that sex is necessary to happiness for the over-60 set. Confessing to a hatred of computers, she affirms that a "selective" memory does not indicate senility. In support of her assertion that good connections between generations are vital to all, this wise and entertaining book, rich in specific advice, will amuse and renew those on both sides of the generation gap. Major ad/promo; author tour. Copyright 1990 Reed Business Information, Inc. Filled with laughter and wisdom, this book opens the door to much we have feared or wished to shut out, and lets in lots of sunshine. -- May Sarton
About the Author
Eda LeShan is the author of more than twenty books, including *Oh, To Be Fifty Again*, *When Your Child Drives You Crazy*, and *Learning to Say Goodbye*. For more than two years, she has written a weekly "Life Over Sixty" column for *Newsday*, and soon begins a new monthly column for *Parents* magazine. For nine years, she wrote the "Talking It Over" monthly column for *Woman's Day*, and for three years, she moderated the Emmy-nominated public television series *How Do Your Children Grow?* She lives in New York City with her husband, Lawrence LeShan.