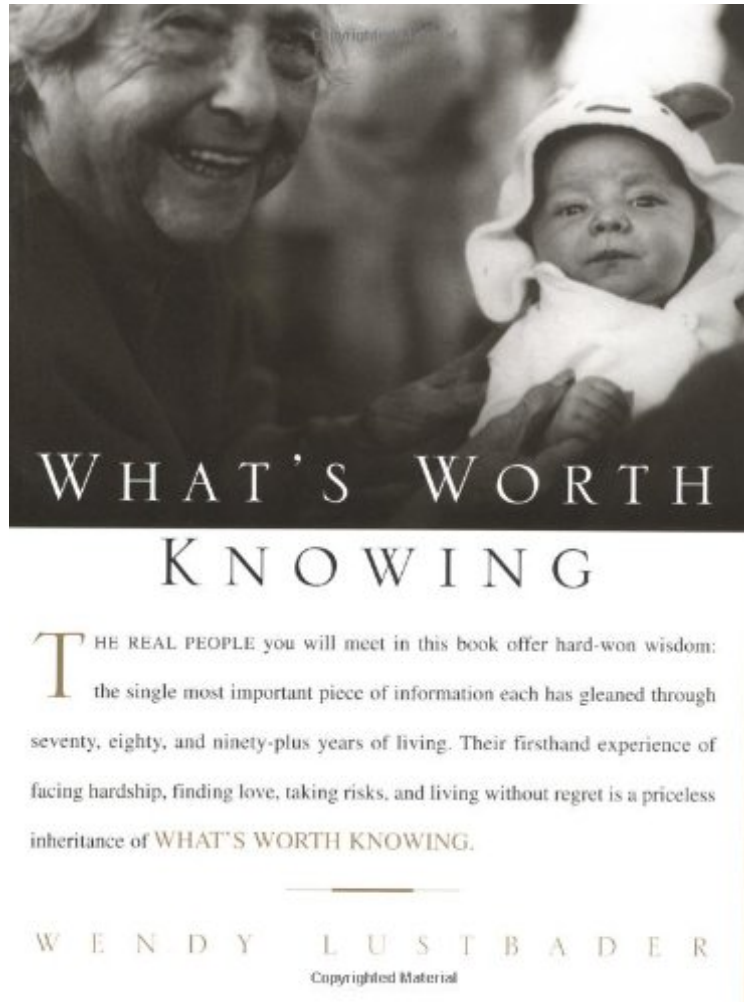


## What's Worth Knowing

Wendy Lustbader

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**Wendy Lustbader : What's Worth Knowing** before purchasing it in order to gage whether or not it would be worth my time, and all praised What's Worth Knowing:

0 of 0 people found the following review helpful. Four StarsBy The King familyretrospective wisdom of life with warmth and humor. Sensitively written and often profound1 of 1 people found the following review helpful. A must read and share!By MarisueI am a regular visitor to institutions for the elderly in Brazil. It is so true that many among them have a lot to share and to teach us (both the "do" and the "don't")! I think the idea of recollecting their memoires is so great that it should not stop with one single book. It is not unusual to meet with people who carried out important roles in their youth, and can provide in their late years a wiser analysis of life from distance of the battle field.0 of 0 people found the following review helpful. What's Worth Knowing is well worth it!By Rosalind MerrittWhat's Worth Knowing is full of advice that is gleaned from the epitome of experts: our elders, who have most of life's experiences

behind them. No matter what age you are, you will learn at least something that will resonate with you or at least confirm that you're on the right track to find joy in living. Bravo to Wendy Lustbader and her sage logic in putting together a wonderful read!  
Rosalind Merritt  
Miami Beach, Florida

Colorful and enlightening vignettes about life by everyday people in their seventies, eighties, and nineties. When social worker Wendy Lustbader was asked to take down the histories of residents in a retirement community, she discovered that "the man with Alzheimer's in room 410" was actually ninety-six-year-old Ole Harlen, a former concert pianist. "The woman who people-watches in the lobby" was really Lila Lane, who eloped to Tijuana with her sweetheart at age sixteen, and who at age seventy-five bemoaned the fact that she could no longer wear high heels. Lustbader gathered these stories and more into *What's Worth Knowing*, a compilation of unforgettable first-person testimonials on love, truth, grief, faith, and fulfillment by people in their seventies, eighties, and nineties. Israel Grosskoff, for example, describes learning about trust while hiding from the Nazis during World War II. Giuseppe Maestriami passes on child-rearing lessons he discovered through growing prize-winning tomatoes. And Arsene St. Amand talks about the importance of making time for love—which he found for the first time only six months before his death. In *What's Worth Knowing*, readers can spend time with Ole, Lila, Israel, Giuseppe, and Arsene—and a hundred others, whose wisdom matters all the more because of the way they've acquired it.

.com "Tending a garden isn't so different from raising children. Plants like to grow when you spend time with them. Don't keep the whole crop for yourself. There are always people who don't know how to make things grow, and they probably need your tomatoes more than anybody else." --Giuseppe Maestriami, age 85. Though some may say that age and wisdom do not necessarily go hand in hand, this affecting volume of personal stories proves just the opposite. All the 104 seniors who offer their thoughts in this volume of reflections have something vital to say about what they found to be most true, most important about life. There are those who regret their choice of partners or jobs, those who found great joy in the little things, as well as those who no longer speak to their children. No matter what their life circumstances or philosophy, each person's singular perspective, flawed or otherwise, shines through in these pungent bits of advice on work, faith, love, and loss. Listen to 75-year-old Christina Martinez: "You shouldn't go around complaining that this one's a fool and that one's a fool. They're everywhere, and you should be glad. You'd be nowhere without the fools. They show you how you don't want to be." Author Wendy Lustbader, an authority on aging and a mental health counselor, interviewed her subjects over several years, and what emerged was this record of refreshing candor. Artfully edited to capture the cadence and flavor of the individual contributor, each one-page story resonates with a spirit of great generosity and honesty. A short, touching biographical note and sometimes a photo accompanies each. In truth, much of the advice contained here can be summed up in a few well-worn clichés--savor the moment, follow your heart, cherish your loved ones--but taken together, these reflections create a powerful chronicle of human foibles and triumphs. Read this collection slowly, savoring it a story at a time. As Lustbader writes in her introduction, "I think you will see, as I have, that there is nothing sweeter than being able to live the middle of one's life with the perspective of the end." --Marianne Painter  
From Publishers Weekly  
As a young geriatric social worker, one of Wendy Lustbader's first assignments was to gather colorful profiles of every patient in the nursing home where she worked. In a collection reminiscent of *Tuesdays with Morrie*, she has distilled her best profiles into *What's Worth Knowing*, a ripe collection of wisdom from vivacious men and women who offer the kind of insight made possible only by experience and by the clarity that can strike people near the end of their lives. Agent, Joel Fishman. Copyright 2001 Cahners Business Information, Inc.  
From Booklist  
Over some two decades as a geriatric social worker, Lustbader spent hours talking with her clients; she jotted her recollections of those conversations in her journal. The vignettes she offers here are distillations of what those older people felt was important. Some vignettes include a photo of the subject, whose real name is used; others, without a photo, are identified by a pseudonym because they had requested anonymity or had died and Lustbader could not locate relatives. Lustbader groups the vignettes into 11 chapters: on living well, people, time, spirituality, marriage, being blue, work, illness and frailty, good conduct, regret, and later life. There is plenty of wisdom in the recollections gathered here, as well as some sadness, a good deal of wit, and a solid sense of authenticity. An obvious choice for fans of Mitch Albom's *Tuesdays with Morrie* (1997), this book just might stimulate readers to follow in Lustbader's footsteps, "asking older people what they have learned from experience, [as] an act of respect." Mary Carroll  
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