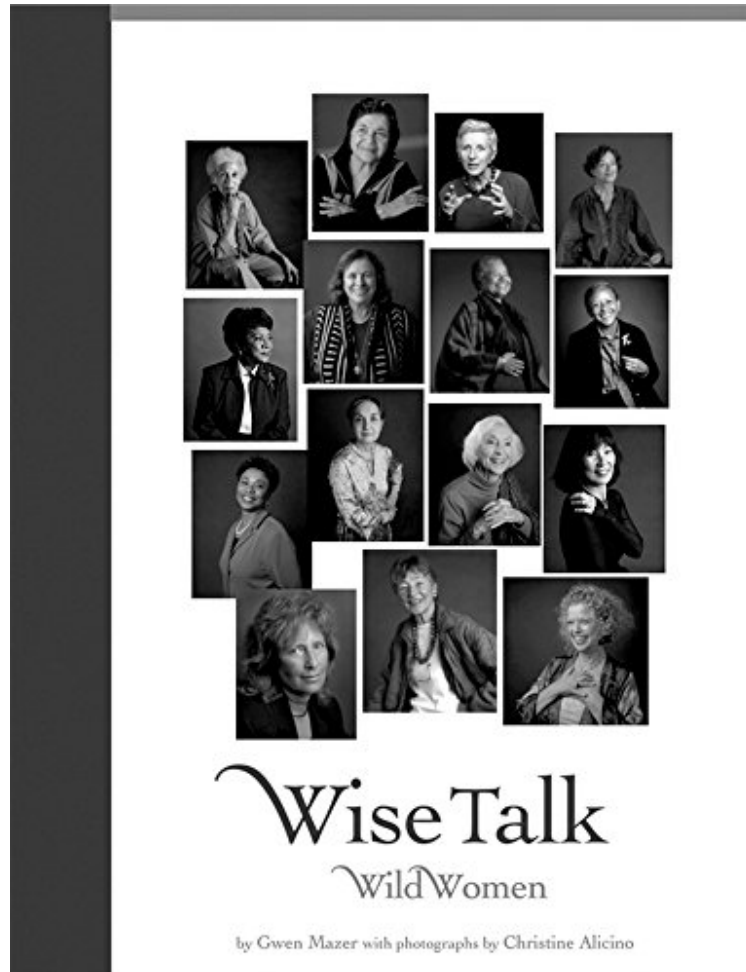


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## Wise Talk: Wild Women

*Gwen Mazer, Christine Alicino*  
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**Gwen Mazer, Christine Alicino : Wise Talk: Wild Women** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wise Talk: Wild Women:

5 of 5 people found the following review helpful. Extraordinary!By SparkletrulyWise Talk, Wild Women changed my life and was exactly what I needed to help me move forward into the next phase of my being. At age 60 I found myself completely stuck. My mother's life was so totally different from mine and I had few female relatives whose wisdom about this stage of life I could draw upon. Wise Talk, Wild Women is extremely well written and the comments by all of the women are focused on exactly the aspects of life for which I needed insight. Although all of the women are quite different from one another, each story had several components that I could relate to and one or two paralleled my life so closely it was almost eerie. It is hard to say what was most significant but it occurred to me as I read the book that I had completely lost sight of my own accomplishments. Reading about these women's lives helped me get back in touch with what I have done thus far and how I will use that to focus on the future. I also felt a strong kinship with

these women because all have either dedicated their lives to or are now focused on the greater good, something that I have done and continue to do. Wise Talk, Wild Women was truly inspiring. 0 of 0 people found the following review helpful. Enjoyable read. By Janis Sheftel Enjoyable read. Fun for women of any age. (The older the better!) I received it as a gift and have purchased it as a gift for others. Makes a great birthday or remembrance gift. 6 of 6 people found the following review helpful. Very good concept, presentation and scope.... By Patrick D. Goonan I recently met Gwen Mazer at a book signing and was impressed with her work. It was a fascinating event mostly attended by women with many women over 60 and one very charismatic woman who was 99 and still going strong. I think this latter woman exemplifies the spirit this book is written as does the author. The concept of the book is simple, it looks at different women's perspectives on aging, life, love, etc. The author uses a very personal style with rich, thick descriptions and quotations to bring to life a very inside or subjective perspective on these issues. The individual chapters also cover a broad range of cultures, levels of achievement, fields of expertise, etc. I agree with Gwen that in many ways 60 is the new 40 for many people and attitudes towards aging across society are outdated. In fact, my understanding from the research on the aging brain is that how you expect to grow old is the number one determining factor in how the brain ages. If the 99 year old at the book signing event is any indication of human potential, then I think this may just right on target. What you will come away from after reading this book is a different attitude towards aging and what is possible. It not only looks at individuals, but when taken as a collection presents a new cultural pattern emerging among women. As a man, I see this in my practice and I believe it is gathering momentum. I find it a little disgrace how many seniors are treated in our society. I also understand this is correlated with life expectancy and how people age. If you are interested in references written for laypersons on the topic of brain aging try these: Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples and Healthy Aging: A Lifelong Guide to Your Well-Being, Making a Good Brain Great: The Amen Clinic Program for Achieving and Sustaining Optimal Mental Performance and The Mature Mind: The Positive Power of the Aging Brain and Aging With Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives. Finally, this book is a work of art. There is excellent photography which captures the spirit of the person in each chapter, it's printed on good quality paper and the design is carefully thought out. If you are at all interested in this area, I recommend this book for it's "real life" and "in the bones" approach. Many similar books do not have the lively spirit of this one, the breadth or the depth.

Women from diverse backgrounds and Ethnicities answer the question of what it means to be a woman in her sixties at the beginning of the twenty-first century.

From the Publisher Advance praise for Wise Talk, Wild Women: "Stories in Wise Talk are emotional maps revealing the brilliance, grace, wisdom, fierceness and beauty of women over sixty. Proof again that women just get deeper and more alive the older they get." -- Eve Ensler, The Vagina Monologues "Women are leading the world toward change by embracing and recognizing the intuitive wisdom and perspective that only comes with having lived, having lost, having loved. It's wonderful to find a documentation of the power of aging in a time when most media and social structures render women over sixty invisible. What a joy to read." -- Susan Sarandon, actress "It's a celebration of something too rarely celebrated --the wisdom of women and the wisdom of experience." -- Brian Eno, musician, artist, producer About the Author Gwen Mazer is the owner of Total Image Management, a consulting firm in San Francisco that advises companies and individual clients about the power of personal image as a component of communication. She also leads seminars especially designed for women in midlife transition. Ms. Mazer was a fashion editor and columnist for Harper's Bazaar creating the original Lifestyle pages, creative director for Esprit, and owner of signature boutiques in New York and San Francisco. She has been featured in a wide range of media including The New Yorker, Vogue, the San Francisco Examiner, has appeared on numerous television programs, and has written for various publications. She has received many awards from the fashion and image industry. Christine Alicino is a commercial fine art photographer and educator based in San Francisco, California. Her awards include the Cleo, the International ARC, Graphics and Communication Arts Awards. She has collaborated on projects with artists for MOMA San Francisco and produced notable portraits of celebrities including Bill Gates, Nicholas Cage, M.F.K. Fisher, John Adams, Tracy Chapman, and Tom Waits. Her advertising clients include Visa, Levis, and Warner Brothers Records. Featured articles on her have appeared in Communication Arts, Polaroid Magazine and Photo District News.