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NUGGETS OF WISDOM FROM DR. MAYA ANGELOU,
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FOREWORD BY MARIANNE WILLIAMSON

gOld

The Extraordinary Side of Aging
Revealed Through Inspiring Conversations

HARRY J. GETZOV

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Harry J. Getzov

GOld: The Extraordinary Side of Aging Revealed Through Inspiring Conversations



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What if ageing didn't have to mean getting obsolete or over the hill? Imagine if, instead, it meant being classic, venerable and wise? What if it meant composing the novel you've always wished to write, or painting, or singing, or teaching, or traveling to a location you've always imagined? In "gOld," " Kitchen tables, living area and den sofas, front porches and offices— Getzov introduces us to numerous of the extraordinary senior citizens he has interviewed from all walks of lifestyle as part of the Eldercation project he intended to promote the concept of positive aging.these are just some of the settings in which Getzov has visited with a huge selection of older individuals. Visits with older individuals present us with unique opportunities to learn and expand our thoughts, starting portals to all or any kinds of amazing worlds.demonstrating that existence after 65 may, indeed, end up being passionate and gorgeous."" (Harry J.an ingredient not yet obtainable in the same quantity to more youthful people: experience. Not really a text. . No on-the-run cell-phone chat. Getzov—m talking about a genuine, old-fashioned, one-on-one, face-to-face, eye-to-eye discussion. Conversations take the proper execution of mini movies or documentaries, all of them narrated firsthand by individuals who have amassed a wealth of knowledge enriched by one valuable ingredient— Not really a Facebook message. . . These special visits provide these folks with an opportunity to talk freely about lessons learned and wisdom obtained, and share their feelings about ageing— There can be something almost magical about these personal interactions that, in my humble opinion, their high-tech counterparts just can't duplicate. It also has an opportunity to take part in something that, sadly, seems to be a lot more elusive in these fast and modern times: a conversation. Lots of experience.Again and again, a check out with a senior offers me the opportunity to pause and, in a way of speaking, take a vacation from myself. l'Excerpt from "gOld").A precious treasure lies hidden in your older population waiting to be revealed. Harry J.gOld" opens the door to its revelation and suggests that it's time to change just how we think about aging and about our elder citizens.



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There is light at the end of the tunnel! That is the poignant message that Harry J. A MAP OF HUMANITY Great book. The countless touching anecdotes coach us that the "golden years" ought to be a stage to become embraced and looked ahead to, rather than the downside of lifestyle to be dreaded. FIVE STARS to my buddy Harry!" gOld, how it shines! They are alive, and full of zest. Though most of the delightful elders highlighted in the reserve have not escaped the inevitable misfortune, ill-health or lack of loved ones, each of them triumph in spirit and good attitude, embracing the days they have gone with a gusto and productivity that may surprise you. gOLD is a joyous and inspirational special event of the culmination of an eternity that we can only hope to be fortunate to experience. And thanks to Harry J. What a perfect gift for anyone celebrating a milestone birthday, retirement or perhaps a university graduation! Getzov for shedding light where we are headed. gOld is definitely a compilation of the lives of the elders in our midst, their life tales, their legacies, and certainly their wisdom. Technically speaking, gOld is a collection of interviews that author Harry Getzov executed with people at least 70 years old but even more accurately, it's a assortment of stories, each using its own life lesson or otherwise useful "nugget" of gold. The book is neatly arranged into different topics, such as Love, Health, Religious beliefs, and Family rendering it not only an enjoyable read but also a useful reference for an uplifting story in regards to a specific topic. As a 71-year-old female, I was motivated to look back over my entire life to find what influenced my options. How lucky are we that Getzov considered to inquire these people because of their wisdom? He writes in a great voice and his passion for the subject [and interview subjects] comes through noisy and clear! Five Stars Love it. To quote Getzov, "Old - it isn't a four-letter word. Advice given to so many matriculating college students applies similarly to seniors, "it's everything you find out of it".!! Harry J. I, for one, am anxious for a follow-up book. I have known Harry all my entire life, and have always considered him as a shining celebrity who could make dreams come true. Not only are the interviews inspiring, but Harry J. LH Heartwarming read In today's society, where the elderly tend to be dismissed and under-appreciated, it really is refreshing to locate a book that celebrates the older generation. gOld: The Extraordinary Side of Ageing Revealed Through Inspiring Conversations Terrific Read On its front cover, gOld claims to be full of "nuggets of wisdom" and it really delivers! They are our parents, our teachers, our neighbors, and the ones with whom we cross paths throughout on a daily basis. Anyone reading this book can tell that there is a great deal of mutual respect and authentic likability between Mr. If there is one outstanding history book, it certainly is this one. It'll give you insight into the lives these amazing folks have resided, the struggles and issues they have endured, and the fortitude and beauty with that they have become who they are today. You will walk away from reading this book with a fresh understanding of our elders, and It will undoubtedly both change your perspective and increase your understanding and respect for them. But also, that the joy of our final years is largely ours to select and define. Indispensable Not merely is this a distinctive idea for a reserve, but it is beautifully executed.!! Getzov's conversational style immediately made me feel as if he were personally introducing me to his most-valued friends. My heart was in my throat as I read the opening web pages, which arranged a touching and reverential tone for the rest of the work.. Thanks to Harry I could now write my very own story. He builds a stylish framework and then respectfully lets them speak for themselves. Each brief story is faithfully offered the chuckles, smiles, and additional physical cues that another writer might have discarded. Yes – some of his interviewees are well-known, but many of them are not. This publication is a treasure upper body of stories that may otherwise haven't been made known. Another strength of gOld may be the way Getzov introduces each topic and each interview subject. And what will it state about him

that these were willing to start so frankly? Getzov, and we graduated from high school in the same course. Or a series. Alive at SEVENTY-FIVE I usually thought my attitude approximately aging was unique until I read the tales in Gold about thus many men and women who feel like they can not wait for the dawn of a later date. Attitude is everything! I've great admiration for the writer, Harry Getzov, who is up to now on the sunny side of seventy, but who realizes that we are really only as aged as we experience. There are deep sociological implications in the fact that in 10 years so many an incredible number of us will be over seventy. Anyone interested in humanity will see this book to be a GREAT read. I can't say enough good things about this reserve or the message of hope that it brings. A few of the interview subjects are very well known but the less well-known tend to be a lot more interesting. Love the tales, like the lessons this generation has shared. ARTFUL PRESENTATION OF YOU As Mr. gOLD is a treasure!" That is the best explanation of what you would gain from reading a fine piece of writing, living through the adventures of the writer in his quest to discover himself. Not a masterpiece but certainly really worth reading, studying, taking a close look at yourself. You will notice yourself in lots of pages of this artful presentation. It's All About LOVE This book was this inspiration. The like that Harry got for his golden people was reflected in their love of existence. He captured their essences in his extraordinary photos and prose. It's easy for a book such as this to become repetitive but among gOld's strengths is that it regularly delivers fresh perspectives even on a single topic and I found myself even more anxious to carefully turn the web page and read the next nugget the moment I finished the main one right before! It had been an experience of awakening. yet, what really shines are the tales told by his interviewees. Getzov communicates so eloquently and sensitively through posting stories of the elders he interviewed in his book, "gOLD"..Getzov's personality and gifts while a writer have become evident; gives you the unique opportunity to simultaneously capture a glimpse of the past, while searching through a wormhole towards the near future. I very much appreciate the author's determination to interview women and men from therefore many walks of lifestyle ranging from the wealthy and famous to those of very limited means. Kudos Harry... Well done. Getzov says: "Time and time once again, a visit with a senior provides me the opportunity to pause and, in a manner of speaking, have a vacation from myself. I grew up in the same city simply because Harry J. Getzov uncovers a treasure and shares it around in his book gOLD. Harry has surpassed even my anticipations, and I can be considered a challenging critic. Getzov's interview is certainly warm and sensible as demonstrated in this audio interview [...]. Many thanks Harry! He has generated a masterpiece, a tapestry of our past, our present and our upcoming. gOld: The Extraordinary Aspect of Aging Exposed Through Inspiring Conversations is a wonderful compilation of interviews with seniors from all walks of existence, each of whom has gems to share. Although they result from varied backgrounds, religions and races, their messages are very similar because they offer existence lessons borne from hard work and tough moments. The writer, Harry Getzov, isn't just a passive bystander, although he allows the interviewees speak for themselves. This book should be part of the senior high school curriculum. Getzov and his topics. gOld is a joy to learn and should be shared with those you like, young and old.



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