



Silver Linings

.....
What Five Ninety-Something
Women Taught Me
About Positive Aging

Peggy Brown Bonsee

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Role models are not just for the youthful. As their lively profiles show, these very different ladies shared a dedication to live as fully as feasible throughout their very long and richly experienced lives, modeling the types of attitudes and decisions that will assist readers negotiate the issues of later life and enjoy increased well-being despite the circumstances. Thoughtful reflections, optional exercises, and a very important resource section add assistance to inspiration, causing this to be book a great resource for seniors facing retirement or anyone interested in the options and attitudes that donate to living well at any age. Readers will meet the wise and funny Claire, the clever and modest Jane, the useful and loving Lilma, the fearless Estelle, and the "very unconventional" Maggie. Professional life coach Peggy Bonsee believes they are just as important in later years as when we begin in life. This book profiles five "golden girls" who inspired and taught her by tackling the inevitable challenges of age with creativeness and panache.



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The examples of lives well lived trumps formulas and theories! Thank you Peggy Brown Bonsee! I am not sure how I stumbled upon this book, but I am thus thankful that I did so. I have been looking for a publication on positive aging and this publication delivers all that and more.. The author is quite intuitive, a gifted communicator and obviously has a generous heart. She shares with the globe some of her most treasured relationships. I was used immediately. My life offers been enriched by all of the women in her publication. I bought the kindle version of this book and also have since bought a hardback copy to write in and refer to. Each woman was unique and offered a wealth of wisdom, inspiration, and humor, like the author. A lovely and inspiring publication from begin to finish A lovely and inspiring reserve from begin to finish. Many thanks Peggy Brown Bonsee for sharing therefore generously and authentically with those folks who've been blessed to learn your book. I highly recommend this reserve to women or males of any age. The lessons are timeless and these women will enrich your lives. This is a wonderful publication to provide to someone you like. Elegant A great read. The females' individual stories fine detail richness of choices, "simply perform it" attitudes, quiet strengths and senses of humor that carried them forward ultimately landing them to live on the magical island of Nantucket. It's an ideal Mother's day, birthday, Xmas gift for a mom, grandmother, sister or friend. The writer captures the essence of the ladies' graceful aging and reflects on applications for the reader to take away and think about. A great read A lot more than just old ladies What an insightful and beautifully written piece. This is a reserve that I can give to my clients to use as inspiration as they plan their retirement lives, and it is a reserve that I could browse over and over again to remind myself of the elements that combine for successful aging. I consider this book to become a particular friend and I expect it will be falling apart in a couple of years as I return to it for wish, inspiration and direction. The author network marketing leads us through all the girls lives adding insight to the travels toward aging. We all can study from their journeys. Excellent read. Five Stars Great story of woman of resilience! Loved to learn of their positive attitude throughout their lengthy lives. An excellent educational and motivational reserve on successful aging As I go through Silver Linings, I could not put it down; You will enjoy this author's ability to offer amusing antidotes with techniques which will give you assistance in approaching your very own paths. Or buy it for yourself and revel in! I appreciated every minute of reading it along with the reflection upon one's personal life that it is sure to evoke. Peggy did a remarkable job writing both an educational and motivational reserve that can help all of us move additional down our life path with humor, resilience and purpose. Each beautifully depicted person realizes the need for using all of .. Read this reserve and become inspired and motivated simply by accounts of people who live rich and whole lives simply by approaching their journeys with positive attitudes.. These women display grace, resilience and understanding as they age group. I was so drawn to the descriptions of the Golden Women and their captivating tales. Read this publication and then share it with someone whom you value.. It isn't a publication of formulas or theories, but the lessons of lives resided well, not perfectly. AN EXCELLENT Gift for Mother or Grandma... I purchased this book when i heard the author, Peggy, speak at a luncheon. It's wonderful book -- filled with heart, faith and motivation. Each beautifully depicted person realizes the need for using all of one's gifts to full advantage. I found the author's easy composing style allowed the women's words and stories to movement smoothly-describing their beginnings, challenges, triumphs and choices-one, a mother of ten, two, each former WAVES, one particular, an accomplished artist and a single, a hearty Midwesterner. Although each experienced a unique experience of aging positively, it was amazing to start to see the common silver threads that drew them jointly.



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