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THE
SHELF LIFE
of
ASHES

a memoir

Hollis
Giamatteo



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The Shelf Life of Ashes: A Memoir



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In *The Shelf Life of Ashes*, Giammatteo chronicles her encounters with her wards, as well as the trip she embarks upon when her mother, who is convinced she actually is dying, entreats her to arrive “house. And she failed. When Hollis Giammatteo sought employment working with older people, she did therefore with the purpose of finding types of healthy aging.” Journeys back, traumas triggered, identification in crisis, equanimity gained?this quasi-comic, concentrated journey engages the reader along the way of naming and facing the jobs involved in ageing, while asking a straightforward but weighted question: Can aging be achieved well?



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. The vocabulary is soooooo wealthy and the tale soooooo poetically resonant chapter-to-chapter, level-to-level through the many facets reflecting (yet incapable of anchoring) identity at birth nor by the anticipated loss of identity at death. The self-revelatory commentary interjected to remove barriers to the unsaid within the initial passages is an excellent use of form that captures the essence of maturing and the transparency to which elders either a) aspire or b) are pressured to simply accept by the horrors of physical decline. Being truly a profound life story that Otto Rank, himself, cannot have imagined more properly to elucidate his birth trauma rebuttal to Freud, the book should be needed reading for all medical and mental health professionals who work near death (and with clients on psychotherapeutic quests for more gratifying lives). Hollis fearlessly wrestles with religious, spiritual and humanitarian models of enlightenment because they may or may not be tested by the limits of compassion when confronted with the nasty information on mortality. Her humor is definitely startlingly hilarious, the absurdity she unveils sharply counterpointing the perpetual near death experiences of hope. If you only read one book within the next year, make it this one." On the way, she allows visitors to become listed on her on visits to her aged customers and parents. — Linda Griffith, LCSW, DCSW Great Read! I thoroughly enjoyed scanning this memoir. Hollis Giammatteo has a many-layered story to inform - she is a great writer, funny, self-reflective, clever, and fully human being! She made me quit and think - about life, helping, aging, identity, work, travel. In her exploration of turning 50 (which expands well beyond the actual birthday), she takes up the meanings of maturing for her own life and discovers that courage and presence in relationships, no matter their difficult background, is what counts in the end, especially for one's dignity. On the way she introduces us to how one's earlier existence shapes the quirky, annoying or melancholy stumble into oldest age group. She accomplishes that "with skill and muster. It compelled me to journey cover-to-cover with her in one day, the complexity of oh-so-subtle internal cross references throughout the arc of the memoir becoming too delicious to risk lacking by an ageing memory's over night absence. I was grateful to take this trip with her, and I heartily recommend it for you!. Five Stars This book is deep and searching, a genuine life review, mining for insights because the author is growing. Pure, lyrical writing . for just one, she displays, it's a trip, the richness of which derives from linking our present with our past in ways that transform both. She actually is a reliable companion who includes a sharp attention, a tender center, a bushel filled with humor and a way with words. Although in a different way configured than Giammatteo's, my own mother's ideal of an ideal Family made tensions. Like Giammatteo's, she too became, in the end, "sweet." This book is such something special to those folks who want to think deeper about our lives and our romantic relationships. funny voice about caring for her adoptive mom in her ..A Haunting Masterpiece One of the most masterfully written books I've read in an extended, long time. Hollis Giammatteo's debut memoir is a bracing, fresh, much-needed take on how caring for aging parents designs our sights of the globe and of ourselves. She writes in a distinct, dry yet somehow concurrently lyrical, honest, self-deprecating, funny voice about caring for her adoptive mother in her last years after a lifetime of fraught and annoying attempts at like. Unflinching, insightful, amazing. A must-read! annoying or melancholy stumble into oldest age Hollis take us to a place where all of us can eventually need to go -- the loss of life of a parent -- also to places where we may not need gone without her -- the feeling of separateness that can come with adoption, the have a problem with the remnants deposited in her life by the less-than-mainstream religion of Christian Technology, the wonder of a peace walk in a quiet landscape. A Fascinating Read In The Shelf Existence of Ashes, Hollis Giammatteo bravely units out to sharpen her awareness of what it really is to get

old and die. She approaches her own efforts to glean something useful from the disarray of the lives of these she is helping with their daily duties with humor and tenderness. You will end up being richer for having made this journey with her. my own mother's ideal of an ideal Family created tensions In a period where our knowledge of aging can comprise time-put on jokes and cliches, Giannatto's memoir pushes us to new understandings of growing older; A fascinating browse.. also witty and penetrating I savored this reserve slowly, underlining more passages of pure, lyrical composing than I've ever done in any book of prose. Hollis is usually funny, insightful, poignant with an advantage. She handles challenging and poignant episodes with truth and grace departing the reader to ponder the countless mysteries of life - identification, aging, relationship to parents, the imprint of religious beliefs, in her case Christian Science, and even the adjustments in her neighborhood as it gentrifies. While she believes she didn't discover the "Map of Ageing Well," she deftly opens the shutters on a global each of us will face.



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