

# Flip-Flops After 50

*And Other Thoughts on Aging  
I Remembered to Write Down*



CINDY EASTMAN

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## Flip-Flops After 50: And Other Thoughts on Aging I Remembered to Write Down



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Flip-flops After 50 will amuse, enlighten, and provoke readers to take into account the topics that influence all of us. It handled the emotions from family events, tension from lousy careers, or the bittersweet feelings when the kids set off? Who hasn't? Eastman? Not to mention body image, high school reunions, and parenting. And it's? However, her writing we can check out our own issues with the reassuring handholding of a confidante. Her conversational design and easy humor tackle the sublime and the ridiculous, the sacred and the profane. No secret that it's 50—Eastman argues that attitudes switch for the better. Making decisions gets easier, although there's no guarantee that life will. After a certain age—



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Flip-Flops is perfect for reading next to the pool As various other reviewers note, writer Cindy Eastman grows on you in Flip-Flops After 50: And Additional Thoughts on Aging We Remembered to Write Down. After meeting Cindy personally We knew I had to read her publication. But she under no circumstances quite gets below the top. Too many chapters end with a zinger that's a touch too predictable. Flip-Flops After 50 is well-organized, competently edited, occasionally witty and definitely thought-provoking when the author takes on subjects like aging parents, slicing one's hair when one gets to a certain age and friends who die (in fact, these essays were among my favorites), but the book isn't entirely about "thoughts on aging" as the subtitle suggests (I wasn't a lover of the political items or the ones about underemployment). Some essays are not only clever, they're only smart, as light and insubstantial as the flip-flops pictured on the cover. I don't wear flip-flops, and don't normally relate strongly to women's issues, and the decade was off by way of a factor or 2. It's a memoir (I love good memoirs), it's predicated on Eastman's blog page (I appreciate blog-to-books), and I want to support woman authors. I feel a little bit bad that I didn't "love" Eastman's publication, but permit's be very clear here: The complete star system in the books world is off kilter. Three celebrities on Goodreads is "I liked it" even though three superstars on Amazon is "it's okay" (gee, didn't Goodreads enter bed with Amazon not long ago? Would it be too much to ask them to can get on the same web page?). I especially enjoyed "Found Period" when she seizes an unexpected opportunity to visit a Grand Central Station bar and fantasizes how she is perceived. I just didn't like it a lot. Still Waters Work Deep- bring about the flip flops! Probably there's a sequel somewhere right here that gets better with age group. Such an excellent read... I so loved reading about her "maturing" stages, family existence, personal ambitions, and "all-arounds". I fulfilled Cindy thru the senior composing class she executed at UConn, Waterbury. Her organic, friendly, encouraging teaching techniques motivated me to write my first book, YOUR STORY MATTERS (TELL IT). Right now thru her book, I have been given the opportunity to learn her story. It really is one we are able to all relate to. I would definitely price this five superstars. I took it home: and was delighted with each chapter. at times I felt as though I was reading about myself! I'm a lot more than adequate. I am, at times, exemplary". Not "at times" Cindy - you are a shining exemplary case of an exemplary person. Just Purchase It! That, you will surmise, is certainly what gets the author during the day, and her wise phrases will do the same for you personally. She makes it so much fun with self-deprecation and irreverent method of taboos, I sensed better about turning 50 myself. Highly recommended! Cindy Eastman carries it all out and very well! Thank you, Cindy Eastman. Eastman as she shared the details of a few of her most personal & most profound moments; People's personal journeys interesting for me personally to learn about, to look inside another's life. A very important factor I liked about this book was the essay format; you can pick up, read a few pages and deposit. Or rather, it should be. When Cindy begins talking, you don't want her to avoid. She writes with a straightforward, conversational style, that's no less heartfelt since it can be humorous and just a wee bit self-deprecating. We loved meeting Cindy and We guarantee you will too. Flip Flops After 50 is a delightful assortment of poignant, insightful essays that thus many will conveniently relate to. Her essays span the lighthearted to much more serious topics like loss of life and health insurance. Highly recommended. Flip-Flops is preferable to okay, and We definitely liked it. With a down-to-earth design, she acknowledges time passing after 50 and carrying out what's important. It's great to get some good perspective. Great! Funny! And filled with true (but funny) wisdom! And on top of that, now I know how exactly to look after my orchids and those ugly roots! I'd definitely get this for friends as a gift because of their big 5-0! I eagerly await even more of Cindy Eastman's clever wit and refreshing outlook on life. It's well written rather than condescending funny once you learn what I mean. And that is her key, for all the heartfelt wisdom in this book's pages, there is a loving, caring, good-humored tone of voice, leading you through the major passages associated with this time in existence. Eastman shares her thoughts on a number of topics from turning 50, her daughter's wedding, the birth of her initial grandchild and also various forays into New York City from the wilds of Connecticut. easy reading that helps all of us 50 year aged women navigate this time of life with humor I love this book. It helped me get through the days before and after turning this milestone age group. I really like Cindy Eastman's honesty and love of life. I've learned that I am not the only one worried about the changes of turning fifty and facing empty nest and retirement in a few years. Great, real-life humor for, especially, the Ladies over 50! Maybe they'll re-bloom this time around. Eastman offers potential, but I'd have given her a higher ranking if she dug in her psychological well just a little deeper, explained a

little more and developed more personas like her coworker Andie and her friend Elizabeth. The still waters of Cindy Eastman's easy-heading writing style won't mask the much deeper messages woven in to the essays in Flip-Flops After 50 - letting go whatever does not serve us at 50 and beyond, and being gentler with ourselves and those all around us. Her humor and keen observations about life, family and the aging process can make you laugh and will tug at your center. Snort-worthy! Flip-Flops is a delightful go through written by a delightful person. Eastman requires us on a lively, raucous romp through turning 50. Buy it for yourself, purchase it for friends and family over and approaching 50, but do yourself a favor and purchase it. I got to "understand" Ms. Cindy tells it enjoy it in such an entertaining and delightful way. There's a justification why This book of wisdom for those approaching the Big 50 or already there provides lots of pearls of wisdom to live by. Kodi K Benjamin This book was very entertaining and a funny check out the life of women after 50. She'll tug at your center, warm it, and have you laughing along the way. Real humor is tasteful, meaningful and revealing. Whether its coming to terms with the brand new face in the mirror, watching your kids grow up and set off, or losing someone you care about, there is love on every page. I simply finished reading "Flip-Flops After 50" by Cindy Eastman, an excellent new writer and I would recommend it highly. Five Stars Enjoyed reading this book. Could relate at my age ...or after 70! she shares her vulnerabilities and her personal way to overcoming them. The book's been around a couple of years now, but I simply found Cindy Eastman's Flip-Flops After 50 a couple weeks ago on a store shelf ~ as I was going to turn 70. I found Flip-Flops After 50 (if you can pick up an e-book) because it was published by She Writes Press. But was intrigued to learn someone else's take of getting older nonetheless. She's such a relaxing way she presents her tale with a most pleasant underlining hint of humor. actually, I sensed like I was seated in a comfy seat catching up with a long dropped friend. Ms Eastman allows us to in; Still an excellent read. The wisdom is definitely in every chapter, but presented with an easy-going humor which has me starting the next short chapter - just as I was going to set the reserve down for your day. The reserve is comprised of a number of essays where in fact the witty and always pleasurable Ms. SANDALS After 50: And Other Thoughts on Aging We Remembered to Write Down by Cindy Eastman I adored these insightful essays by Cindy Eastman. This book is comfort food for a weary reader of a particular age group! Eastman has the capacity to lift everyday incidents to the common while attractive to her readers on an extremely personal level. Loved it! Given that I've completed the book, I love returning over and over to random favorites. I met Cindy when she trained a composing workshop on Acquiring Your Writing Voice. Cindy's tone of voice and wry humor arrive through loud and clear in this assortment of essays. I highly recommend this book! There is a good reason why: It was written by that wise aged soul (who is youthful in spirit), award-winning writer, Cindy Eastman. I could relate so well. I noticed myself in so a lot of Cindy's stories. Loved this book! A Pleasurable, Insightful Read Cindy Eastman's easy-to-read book is usually inspiring, relatable and humorous. But seriously this tale is full of so many of life's moments, tales, events that I could relate to as well as a gazillion other over 50 types like me and many under 50 also. I actually snorted through this whole publication!.....This memoirsque book of essays can be an easy read that begins lightheartedly and gets more interesting as Eastman reveals information on her life. I enjoyed every essay; The best words in the reserve: "I am sufficient. You certainly are a hoot. I cried just a little, laughed a lot and was unfortunate to attain the last web page, wishing for more, which I hope will be just around the corner!



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