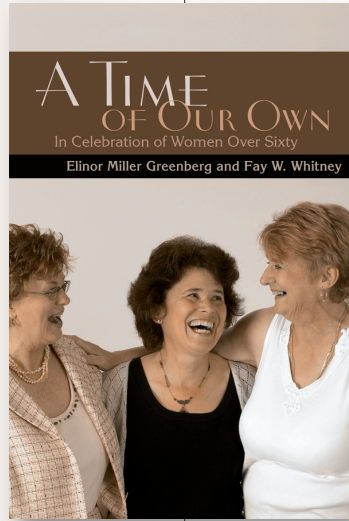


FOR IMMEDIATE RELEASE:

A Time of Our Own

In Celebration of Women over Sixty

Elinor Miller Greenberg and Fay Wadsworth Whitney

***A guide for women in the “third third” of life***

A Time of Our Own is a must-read for today’s generation of energetic and active women over sixty.

Denver, CO (8/1/2008)—Never before have people lived so long with such an abundance of resources at their disposal. There has never been a time in which women, in every phase of life, have had the opportunities that women have today. In *A Time of Our Own*, coauthors Elinor Miller Greenberg and Fay Wadsworth Whitney explore and celebrate the lives of contemporary women who are redefining and reinventing the third and final chapter of their lives.

This book speaks to a generation of women who were the pacesetters in creating new ways to balance family, work, and community activities as they encounter another era in their lives. It is also an essential guide for the baby boomers now turning sixty. Acknowledging that at age sixty a fresh set of life issues begins to appear, Greenberg and Whitney, through extensive interviews, research, and professional and personal experiences, address such subjects as:

- The concept of the third third of life
- Redefining and reinventing life after sixty
- New roles, responsibilities, and relationships after sixty, including the roles of religion and spirituality
- Work and volunteerism
- Money matters
- Health issues
- Losses, regrets, and gains at this stage of life
- New attitudes and advice to baby boomers
- The future

“A pioneering work that helps all of us understand the dramatic changes in our world that make growing older for women a new beginning... What a thorough, well-organized, well-written book. A much-needed and significant exploration and celebration.”

—Barbara Love, editor, *Feminists Who Changed America, 1963-1975*



Elinor Miller Greenberg is a designer and administrator of innovative higher education programs for adults. She has authored, coauthored, or edited nine books and numerous articles and pamphlets.

Fay Wadsworth Whitney is a career nurse practitioner and nursing faculty member. She is professor emerita of nursing at the Fay W. Whitney School of Nursing at

the University of Wyoming. Both she and Elinor Greenberg are wives, mothers, and grandmothers.

For more information on *A Time of Our Own*, please visit www.fulcrumbooks.com.

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founded in 1984, takes pride in encouraging readers to live life to the fullest and learn something new every day. The company is a resounding voice for independent publishing in the western United States, carrying and promoting over 450 active titles.



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The Third Third of Life—A Time For:

- a different type of productivity
- creativity and a resurgence of talents
- expecting to be healthy and working at it
- cashing in on one's investments in life
- blossoming of partner and family relationships
- giving back to society
- slowing down and appreciating the small things
- being who you really are
- fewer role models
- regaining lost time from the past

Things to Consider

Gains in the Third Third of Life:

- The blessings of grandchildren
- The freedom to be yourself
- Deeper relationships with family members and friends
- Time of one's own
- Inner development

Characteristics of People with Longevity all over the World:

- Optimism
- Genetic longevity
- Strong coping and adapting skills
- Prominence of family and family values
- Hard working
- Eating simply
- Faith, not just religiosity
- Living in and with nature
- Humor

New Realities of Twenty-First Century Women's Lives:

- Longer and healthier lives
- More and better education
- Varied and successful careers
- Experience with politics and government
- Service on volunteer boards and in the community
- Changed marital and family roles
- Heightened self-confidence and independence

"I appreciated the suggestions for keeping friendships alive and have decided to begin a carry-in lunch with old friends."

—Ann Simpson, wife of former Wyoming senator Alan K. Simpson

