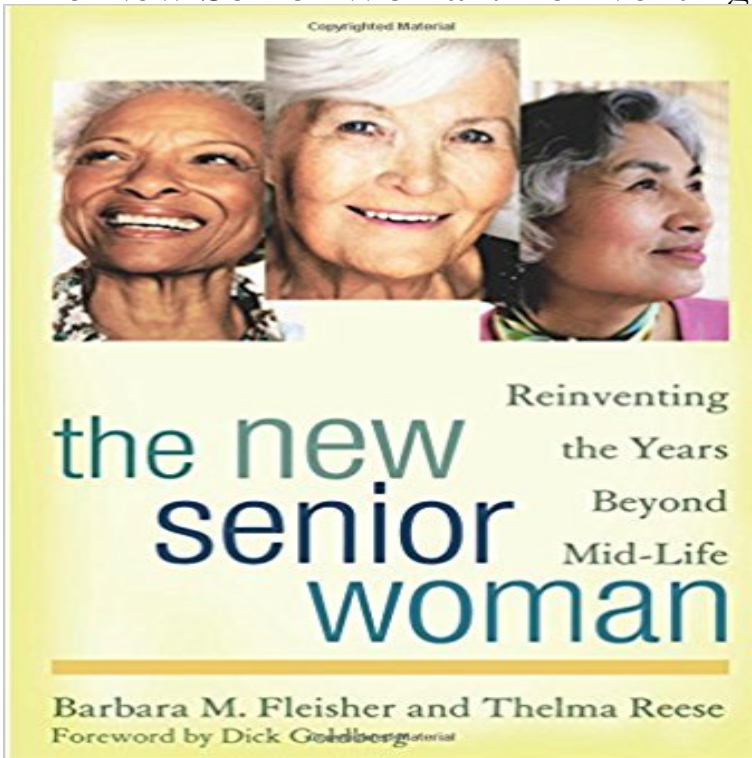


# The New Senior Woman: Reinventing the Years Beyond Mid-Life



As people live longer and better lives, both women and men may look forward to many years in retirement. But living well in retirement depends on a variety of decisions people make as they prepare for and enter this new chapter of life and living. This book is for and about women approaching and experiencing life in their senior years. This largest and fastest-growing part of the population is living in a manner very different from our mothers, whose roles in life were much more predictable and circumscribed than ours. Today's senior women live longer, are healthier, better educated, more involved in the world, and more active than the women who preceded us. Figuring out these uncharted years without role models or guideposts can be challenging, but, here, the authors gather the stories of today's senior women, who have jumped hurdles, answered questions, and made decisions they never saw their mothers make. Through these stories, readers will find fellowship and guidance, wisdom and acknowledgment of the challenges (and triumphs) that lie ahead. Culled from women in their sixties and beyond, and from a variety of backgrounds and current living situations, the stories reveal the realities of life for retirement-age women, and demonstrate the dreams, joys, concerns, and fears that come along with this phase of life. They address questions about living arrangements, adult children, loss of a spouse or partner, relationships and friendships, part

time work, social connections, health concerns, and more. Facing these new situations with class, dignity, sass, and smarts, these women reveal the various ways today's senior women can live and love her retirement years.

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