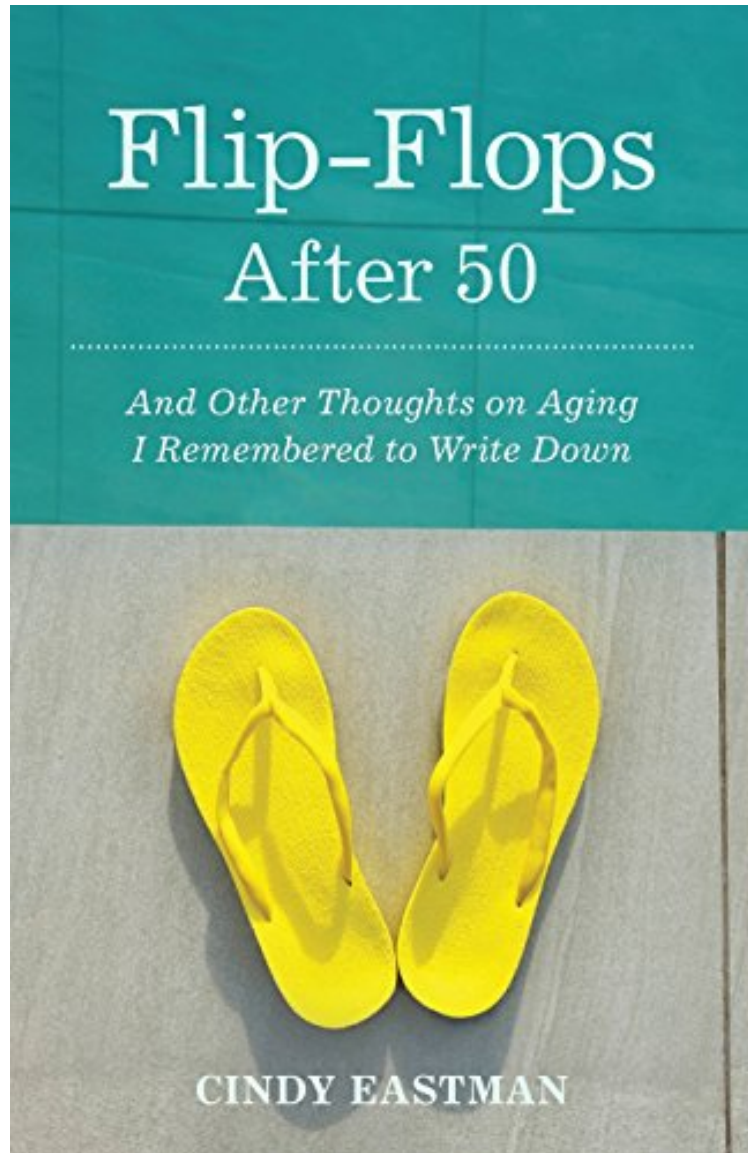


[Download] Flip-Flops After 50: And Other Thoughts on Aging I Remembered to Write Down

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

Cindy Eastman

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Cindy Eastman : Flip-Flops After 50: And Other Thoughts on Aging I Remembered to Write Down before purchasing it in order to gage whether or not it would be worth my time, and all praised Flip-Flops After 50: And Other Thoughts on Aging I Remembered to Write Down:

3 of 3 people found the following review helpful. Such a good read...By Lyn ProspectI would definitely rate this five

stars. I met Cindy thru the senior writing class she conducted at UConn, Waterbury. Her natural, friendly, encouraging teaching techniques motivated me to write my first book, YOUR STORY MATTERS (TELL IT). Now thru her book, I have been given the opportunity to know her story. It is one we can all relate to. I so enjoyed reading about her "aging" stages, family life, personal ambitions, and "all-arounds". She has such a relaxing manner in which she presents her story with a most enjoyable underlining hint of humor. My favorite words in the book: "I am adequate. I'm more than adequate. I am, at times, exemplary". Not "at times" Cindy - you are a shining example of an exemplary person. 0 of 0 people found the following review helpful. Flips-Flops is perfect for reading next to the pool. By Mindful Monica As other reviewers note, author Cindy Eastman grows on you in Flips-Flops After 50: And Other Thoughts on Aging I Remembered to Write Down. This memoirsque book of essays is an easy read that begins lightheartedly and gets more interesting as Eastman reveals details of her life. But she never quite gets below the surface. Too many chapters end with a zinger that's a little 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, cutting one's hair when one reaches a certain age and friends who die (in fact, these essays were among my favorites), but the book is not entirely about "thoughts on aging" as the subtitle suggests (I wasn't a fan of the political pieces or the ones about underemployment). Some essays aren't only clever, they are only clever, as light and insubstantial as the flips-flops pictured on the cover. I picked up Flip-Flops After 50 (if one can pick up an e-book) because it was published by She Writes Press. It's a memoir (I love good memoirs), it's based on Eastman's blog (I appreciate blog-to-books), and I want to support female authors. I feel a little bit bad that I didn't "love" Eastman's book, but let's be clear here: The whole star system in the books world is off kilter. Three stars on Goodreads is "I liked it" while three stars on is only "it's okay" (gee, didn't Goodreads get into bed with not long ago? Would it be too much to ask them to get on the same page?). Flip-Flops is better than okay, and I definitely liked it. I just didn't like it a lot. Eastman has potential, but I would have given her a higher rating if she dug in her emotional well a little deeper, described a little more and created more characters like her coworker Andie and her friend Elizabeth. Maybe there's a sequel somewhere here that gets better with age. 0 of 0 people found the following review helpful. A Pleasurable, Insightful Read By Diana Coleman Cindy Eastman's easy-to-read book is inspiring, relatable and humorous. Her essays span the lighthearted to more serious topics like death and health insurance. With a down-to-earth style, she acknowledges time passing after 50 and doing what's important. I especially enjoyed "Found Time" when she seizes an unexpected opportunity to visit a Grand Central Station bar and fantasizes how she is perceived. Highly recommended.

Flip-flops After 50 will amuse, enlighten, and provoke readers to think about the topics that affect all of us. Who hasn't dealt with the emotions from family events, stress from lousy jobs, or the bittersweet feelings when the kids leave home? Not to mention body image, high school reunions, and parenting. Eastman's conversational style and easy humor tackle the sublime and the ridiculous, the sacred and the profane. After a certain age—and it's no secret that it's 50—Eastman argues that attitudes change for the better. Making decisions gets easier, although there's no guarantee that life does. Even so, her writing allows us to take a look at our own issues with the reassuring handholding of a confidante.

ed By Trudi LoPreto for Readers' Favorite I really loved reading Flip-Flops After 50. It brought me back to good and bad, happy and sad times in my life with perfect reason. Cindy Eastman has artfully made turning 50 and beyond a good thing and one I realized I was glad I was glad to have had the good fortune to be a part of. This is a must-read for every woman soon to be turning 50 and beyond. This can easily be and should be the handbook of the baby boomer generation. See the whole review here: readersfavorite.com/book-review/flip-flops-after-50 About the Author Cindy Eastman's work is informed by her ability to be an observer as well as a participant in her life. With her dry sense of humor, she is able to address a variety of topical subjects and deliver an insightful analysis that's both provocative and amusing. Currently she coordinates a supervised visitation service with her husband in his counseling practice and facilitates diversity and anti-bullying trainings for the Anti-Defamation League. She also teaches a writing course for the Osher Lifelong Learning Institute at the Waterbury campus of UConn. Eastman makes her home in Connecticut with her husband, Angelo, and their cat. She is working on a second book when not babysitting her grandson.