



# Girls' Guide to Aging with Grit and Gusto

Linda Benjamin

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## What's a girl to do if she's dumped by her husband in her sixties?

How about writing a book documenting her journey and collecting role-models of inspirational women from their sixties through their nineties?

The humorous yet educational memoir of a therapist's journey and the experiences of her inspiring interviewees, women who've been through grief, depression, caregiving, widowhood, retirement, empty-nesting, and physical challenges. Girls' Guide to Aging with Grit and Gusto is a road map for women who want to thrive (whatever their age or circumstances) as they grow older.

### BOOK DETAILS:

Girls' Guide to Aging with Grit and Gusto

Author: Linda Benjamin

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Non Fiction/Aging/Women's Studies

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*"I am 61 years old now, and I found Linda Benjamin's book to be both informative and entertaining. Her wonderful sense of humor gave my getting-older blues a spin and a shine, so that I began looking at myself in a new way. She also offers down to earth advice on how to deal with the quirks and challenges of being a woman of an age. While growing into womanhood, I kept the famous Our Bodies, Ourselves on my bedside table for ready reference; now, Girl's Guide To Aging With Grit & Gusto is right there as well."*

—Kathie Giorgio, author of *If You Tame Me* and *Rise From The River*

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Linda Benjamin, LSCW, has been a clinical social worker for over thirty years. She was Supervisor of Program Development at WNET/Thirteen in New York. She hosted a live radio program in New York City, wrote and aired her humorous radio segments, *Psychobabble*, on WUWM, Milwaukee's local NPR affiliate. She has published articles in *The New York Times*, *Chicago Woman*, and *The Women's Newspaper of Princeton*.

# Linda Benjamin

## Presentations

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Linda Benjamin, LSCW, is the author of ***Girls' Guide to Aging with Grit & Gusto: A Memoir and Six Interviews***. She has also been a clinical social worker for over thirty years. Linda was Supervisor of Program Development at WNET/Thirteen in New York, hosted a live radio program in New York City, wrote and aired her humorous radio segments, *Psychobabble*, on WUWM, Milwaukee's local NPR affiliate. She has published articles in *The New York Times*, *Chicago Woman*, and *The Women's Newspaper of Princeton*.

Linda is an honest, humorous and inspiring speaker. She is available to speak to groups on topics related to women, aging, and positive mental health.

### **Topics include:**

**The Tools for Positive Aging:** A positive attitude is vital at any time in life, but especially as we age. If we are inclined toward negativity, this is something we can work on, along with embracing a spiritual side/spiritual practice, having some financial reserves, having a support system of family and friends, and being involved in projects that are important to us (even better, ways we can be of service to others). If you feel like you could use a few more tools in your toolbox, this presentation is for you.

**The Fear of Being Alone:** There is a difference between being alone and loneliness. Often the best balance is struck when we honor time alone and time with others. That may look a little different for each person, perhaps with time to be creative, time to meditate, and time for stimulation, friendship, and giving. In this presentation, Linda will speak about her own journey to balance and how to find your own best balance.

**The Loss of Self :** Women have long been valued for their beauty which in our media-fed culture has been synonymous with youth. Yet it doesn't have to be that way. Look at Downton Abbey and any number of the British films and TV shows where older women are shown as being needed in their communities, by their families, having friendships and even falling in love. Many women (and men, too) look for friends who can be role models and long for those who have acquired wisdom and experience. We'll discuss how as we grow older we can cultivate interests that help us to discover and become more ourselves than ever -- and naturally attractive to others.

**Too Late for a Mate?:** Linda says, "I honestly wanted a mate and feel it's never too late to find someone similarly inclined. One reviewer criticized me for this." Certainly finding a mate or having had children is not everything. If you have never been married or are now divorced or widowed, having a really good friend or two can be the best alternative to feeling alone. Linda will discuss the ways we can be lonelier living with a mate than we can be living alone and why we need to "get a life," that is, create lives that we enjoy, people with whom we share interests, and friendships that help us to enjoy life and continue to grow.