



# Ageless Women, Timeless Wisdom: Witty, Wicked and Wise Reflections on Well-Lived Lives

*Dr. Lois P. Frankel*

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Throughout history wisdom has been passed from generation to generation through tales told, songs sung, and rituals performed by women elders. Yet in many cultures, particularly the Western culture, as women age they become marginalized and nearly invisible. The mental image of “wise” is almost exclusively portrayed by men: God, Merlin, Tribal Chiefs, Confucious, Socrates, the aging college professor – all men. Who are their feminine counterparts? The wisdom of older women is indisputable. Having lived decades raising children and sometimes grandchildren, caring for ill husbands and parents, creating “nests” from which progeny fly out of to be productive members of society, and often being forced to observe more than participate in the events around them, gives older women unique insights and wisdom to help future generations not only survive but thrive. As a society, however, we often fail to capitalize on that wisdom. Instead, we marginalize women who no longer look like Madison Avenue’s definition of vibrant and relevant and overlook the myriad ways in which their existence is actually essential to the survival of us all. Now, from the author of the bestselling trilogy of books for women, *Nice Girls Don't Get the Corner Office*, *Nice Girls Don't Get Rich*, and *Nice Girls Just Don't Get It*, comes a book that honors older women. After spending a year speaking with and photographing women around the globe and collecting stories and remembrances from the families of women who have passed away, Dr. Lois Frankel offers this compilation of wisdom that ranges from heartwarming to hilarious. Beautifully illustrated by Lisa Graves, *Ageless Women, Timeless Wisdom* is a book sure to be passed from grandmother to daughter to granddaughter with pages included to capture their own family wisdom. Award-winning singer/songwriter Rita Coolidge offers this early praise: "It's about time for a book like this. For too long the wisdom of older women has gone unnoticed, unappreciated, and undervalued. *Ageless Women, Timeless Wisdom* is sure to put a smile on your face and the faces of the women you share it with."

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