

Eavesdropping: *As Real Women Talk* *About the Gifts* *and Challenges of Aging*

by Kendra T. Brown, Ph.D.,
in collaboration with “The Pages”

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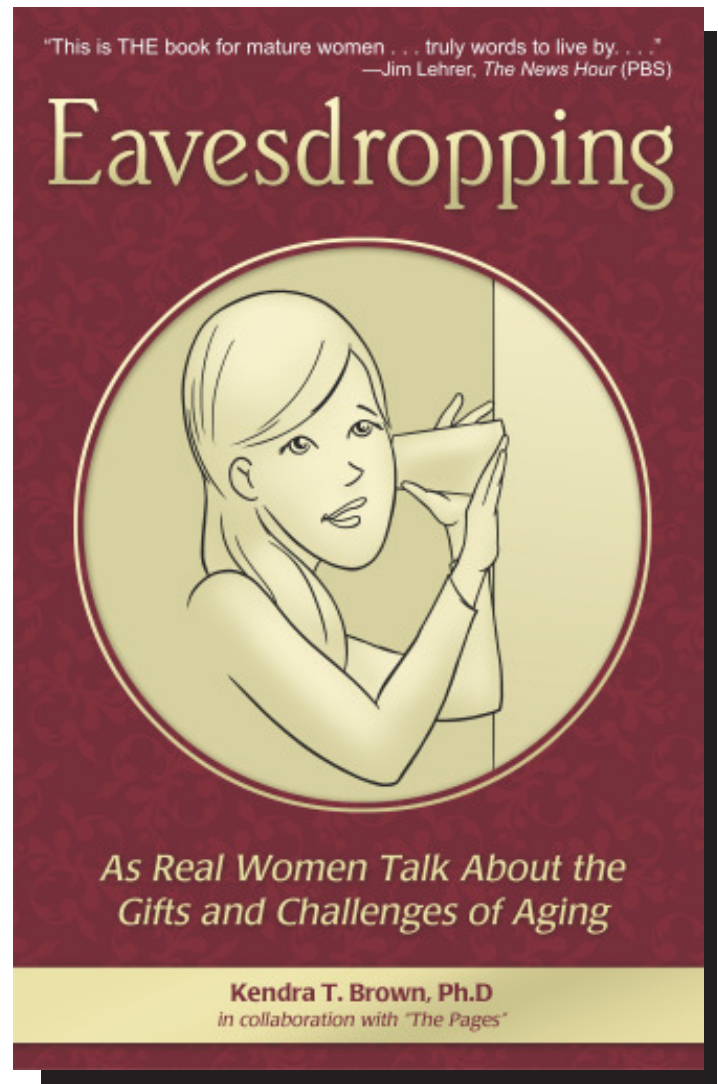
About *Eavesdropping*—

A self-help, pro-aging book for women of all ages.

Millions of women who shaped our nation are now leading a wave of aging adults. These women started the sexual revolution, marched for civil rights, broke the glass ceiling, ran for President and went to war. They could – and did – do it all. So, why have many of these capable women stopped thriving mid-stream, as if everything worthwhile is behind them?

Dr. Kendra Brown asked a group of interesting women to meet with her regularly and examine this perplexing question. Their meetings over three years became sources of support and empowerment for the members as they pondered topics of love and loss, obstacles and opportunities, surprises and sticky situations.

Listen in with the Eavesdropper to their lively discussions filled with honesty, wisdom and lots of laughter. They make this book a page-turner for the reader and encourage all of us to continue reaching for our fullest potential – regardless of age.



Prepublication Endorsements—

“This is THE book for mature women and those in anyone’s life—including my own. The understanding and advice about everything from traveling alone (demand a good table at a restaurant, stay in bed and breakfasts) to dealing with profound loss (sometimes means liberation, don’t be a victim) are truly words to live by. Onward!”

—Jim Lehrer, *The News Hour* (PBS)

“A table of insight set before you – as you dine with women who share their collective experience, knowledge and some of life’s greatest lessons – to savor for years to come.”

—Susie Graham, coauthor of *When One Door Closes: A Teen’s Inspiring Journey and Living Legacy*

“I found my tribe. As you integrate the wisdom of these pages from ‘The Pages,’ you will be introduced to timeless wisdom. A wisdom that is embraced when we realize that we are a member of a precious tribe called ever-evolving women.”

—Linda M. Sacha, author of *Queen for a Day*

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“*Eavesdropping* uses an innovated delivery style that attracts and holds a reader’s interest throughout the book. Although written by and for women, I recommend this book for all men over 50 to ‘listen in’ on the open, honest, and intimate conversations of mature women a/k/a, ‘The Pages.’ ”

—Richard J. Van Ness, Ph.D., author of *Count Your Beans! – A Pathway to Riches*

“Uplifting and inspiring . . . provides a grounded perspective and approach toward the many faceted aspects women face as we age.”

—Jill S. Creech, P.E.

“The one thing we most want from life is to be happy. Easy to say . . . harder to do. As we tack on the years, the challenges change but the happiness search continues. Well . . . look no more. Here come ‘The Pages’ ready to let you in on their discoveries. Be ready to get a whole bunch happier.”

—Tom Welch, America’s Career Coach, author of *Work Happy Live Healthy*

“An involving, very direct book that includes honest and frank discussions by a number of women over a period of time expressing their concerns and experiences as they age into older members of our society. The book covers very different life styles and attitudes, and is very well handled. You’ll enjoy reading it.”

—Connie Houser, author of 16 nonfiction titles, including *The Letters, Portrait of an Artist, Jim Houser* and the novel, *Absolute Power!*

“It has been very validating to discover that the very issues my friends and I have been discussing this past year – all of us in our 60’s – are those the real women in these pages are grappling with as well: how to stay open to what life may offer after loss or change; returning to what seems significant and interesting to each of us; pursuing those interests with excitement about where they might take us; questioning if there is sex after 65; and retaining a lively sense of humor throughout the journey. The book is a meaningful and inspiring read.”

—Nancy Alvarez, author of *Little Nancy: The Journey Home*

Distribution Details

Ingram, Baker & Taylor, BCH Distribution, Brodart, misc. jobbers and specialty catalogers, the Amazon.com Advantage Program, and many others. Ebook editions are available in both Kindle and ePub formats.

About the Author—

Kendra T. Brown, Ph.D is a Licensed Psychologist with a thriving practice in Stuart, Florida. She received a B.S. in Art Education from the University of Tennessee at Chattanooga, with continued studies post graduation in psychology. She received her doctorate from the University of Memphis (formerly Memphis State University) in the field of Clinical Psychology.



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Kendra T. Brown, Ph.D.

Dr. Brown is a member of both the American and Florida Societies of Clinical Hypnosis, and the Florida Psychological Association. She has written magazine articles, conducted seminars and created instructional videos in the areas of psychology, human resources, sports performance and hypnosis.

She was formerly director of human resources for the field offices of a large national insurance company. She is passionate in her support of educators, having taught students from first grade through graduate school in the areas of reading, remedial English and math, special education, psychology and management.

As a co-founder of Ladies Links Fore Golf, LLC, Dr. Brown enjoyed enhancing the performance of women amateur golfers through workshops, magazine articles and on the LLAG.com website. She continues to be associated with LLAG through guest appearances.

Dr. Brown can be reached through her website:

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About Rainbow Books, Inc.

Rainbow Books, Inc., is a 32-year-old publisher of self-help and how-to nonfiction. Rainbow Books, Inc. is a house member of the Association of American Publishers (AAP) and a *founding* house member of the Florida Publishers Association (FPA). Rainbow’s publisher is Betty Wright, and its marketing contact is Betsy Lampe.

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