

The more straightforward entries, such as one about cooking on the wagon trail, or the “peerless” plum, do not require as much additional background, and at times the analysis too closely restates the same details from the original work and becomes repetitive. However, writers will likely find Myerson’s detailed parsing of the word choices both interesting and instructive.

In this uplifting collection, Myerson encourages readers to see happiness not as an unsolvable “riddle,” but as something that can be found in our everyday lives, if we are willing to take notice. (October) MARIA SIANO

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

Kendra T. Brown
Rainbow Books
Softcover \$14.95 (118pp)
978-1-56825-137-0
978-1-56825-153-0 ebook

Kendra Brown is a psychologist in Florida who meets regularly with accomplished women—whom she calls “The Pages”—who share their wisdom about aging. “In my private practice, I’ve been amazed to see so many women who are very depressed—despite having adequate resources of money, time, experience and education. It saddens and frustrates me to see how lost they seem,” writes Brown.

Late in the book, we meet these real women through their own words. Meanwhile, their dialogue and the book’s message are introduced in the voices of six women whose group meetings are anonymously transcribed by an imaginary eavesdropper and narrated by a leader named Eleanor, who emphasizes the importance of forethought and planning: “Even though we have more time than our grandma did, we need to face the fact that lifetimes have limits and that we are in the final years,” she says. “It becomes terribly important to take ourselves off auto-

matic pilot—to consider and reconsider who we are now, who we want to be and what attributes and resources we have.”

Eschewing a culture of youth that can leave women stuck without a plan in later life, and often without inspiring or useful role models, Brown notes, “I prefer Margaret Meade’s attitude: She believed that women about the age of fifty, having finished the nesting stage of their lives, are poised to do some of their best work.”

Brown’s chapters cover topics such as remaining relevant and solvent, relatives and children, changing relationships, loss of partners, sex and late-life coupling, creating an intentional village, new living situations, and making choices. A thoughtful appendix addresses creating an ethical will.

As Brown points out, “The world we live in today is very different from the one experienced by most of our female mentors. We believe it’s very important to share the realities of being an older woman in today’s world, because there are thousands of women, like us, who need new patterns for aging and living well.”

Only the contrived format is troubling in this valuable book. Eventually, one hopes to hear more about how to age intentionally from the authentic voices of Kendra Brown and her wise women, with less “eavesdropping” and more direct talk from women who are not only surviving, but thriving.

(November) PAMELA KAISER

Great Sex Made Simple: Tantric Tips to Deepen Intimacy and Heighten Pleasure

Mark A. Michaels and Patricia Johnson
Llewellyn Publications
Softcover \$17.99 (264pp)
978-0-7387-3345-6
978-0-7387-3411-8 ebook

What is truly great sex and how can it be attained? That’s the question partners Mark A.

Michaels and Patricia Johnson try to answer in *Great Sex Made Simple*. Offering tantric tips to deepen intimacy and heighten pleasure, the authors call for a certain degree of open-mindedness on the part of their readers. Before perusing its pages, prepare to experiment and deviate from your regular sexual routine if you want to reap the benefits they promise. That could mean such potential novelties as kissing for ten minutes solid, exchanging breath, sucking on each other’s lips, or chanting “om” together.

Michaels and Johnson write bluntly about the joy of good sex and go to great lengths to make their chapters easily comprehensible to readers. For example, in introducing a chapter on engaging all the senses in lovemaking, they preface their information with this: “The best sex usually engages all of the senses but there is nothing wrong with those quickies that only involve one or two. We certainly enjoy them.”

They spend time introducing each of the erogenous zones, discussing how to engage your partner’s primal sense (by nuzzling into your lover’s armpit, for example, massaging the Achilles tendon, or fondling the inside of his or her elbow). The writers also use helpful diagrams to indicate precisely where they are referring to when they discuss the G-spot, for example, and explain how to make oral sex more meaningful and erotic. On occasion their writing delves a little deeper into tantric dialect. Of oral sex, for example, they propose that “you are physically attached to a living altar.”

Readers interested in exploring new positions will enjoy a series of chapters that describe positions known as *yab yum* and *kali asana*, each one explained and carefully described.

Each chapter is characterized by the authors’ easy-to-understand writing style, willingness to explain the details, and entirely nonjudgmental attitude towards sex. As a result, *Great Sex* will be a useful resource for individuals seeking to enrich their sexual experiences and open their minds to new possibilities of intimacy. (December) LAUREN KRAMER

Resilience: The Science of Mastering Life’s Greatest Challenges

Stephen M. Southwick and Dennis S. Charney
Cambridge University Press
Softcover \$22.99 (196pp)
978-0-521-19563-8

As many as 90 percent of us will experience at least one serious traumatic event during our lives, report Stephen Southwick and Dennis Charney in *Resilience: The Science of Mastering Life’s Greatest Challenges*. These can range from violent crime or war to child abuse, a serious automobile accident, or death of a loved one.

Resilience opens with an extreme case. Jimmy Dunne was competing in an amateur golf tour-

