



THE VIRGINIA MONOLOGUES

Why Growing Old is Great



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The Virginia Monologues Why Growing Old Is Great

Claire Parker, Muir Gray



The Virginia Monologues Why Growing Old Is Great:

The Virginia Monologues Virginia Ironside,2010 From funerals to grandchildren to the White Slave Trade from being a bore to sex Virginia Ironside tackles all the issues that face today s elegant and distinguished oldies with optimism and enthusiasm You're Old, I'm Old . . . Get Used to It! Virginia Ironside,2010-10-07 No nonsense wryly self deprecating and totally persuasive You re Old I m Old Get Used to It unabashedly exalts the virtues of aging Virginia Ironside wants you to know that getting old is a good thing and not in that dreadful sixty is the new forty way At sixty five she has no interest in pretending to be young and neither should you Virginia celebrates all the issues that she and her fellow oldies embrace including Talking about ailments and the fabulous meds that come with them Grandchildren the reward you get for not killing your children Wisdom random disorganized knowledge you get to put a fancy label on because you re old A Good Night Out for the Girls E. Aston,G. Harris,2012-11-29 Moving across the boundaries of mainstream and experimental circuits from the affective pleasures of commercially successful shows such as Calendar Girls and Mamma Mia to the feminist possibilities of new burlesque and stand up this book offers a lucid and accessible account of popular feminisms in contemporary theatre and performance **My Writings: Personal Essays** Colonel Ben L. Walton, US Army (Retired),2017-10-13 My Writings Personal Essays is a collection of 57 essays from among hundreds of narratives the author wrote over a 30 year period as a freelance scribe The book fills a knowledge void with vital information that readers from all levels of society can use in their daily life Most of the commentaries were published in periodicals throughout the U S The book with a foreword by Dr Lawrence T Coulehan M D has seven parts Aging Christianity History Relationships Service Quality and Participation and Self Help Born in a small community in central Texas Colonel Ben L Walton U S Army Retired grew up in Waco Texas where he lived in a four room house without electricity or running water A wood burning stove was used to cook food and for heat The nearest house to where I lived was four miles away Besides where I lived was across the street from a graveyard He was motivated to write the book based on writings in the Bible Selected Essays 1917 1932 by T S Eliot and Things That Matter Three Decades of Passions Pastimes and Politics by Charles Krauthammer For more than 400 years as documented in The Art of the Personal Essay Anthology from the Classical Era to the Present by Phillip Lopate personal essays have been one of the richest and most vibrant of all literary forms Based on history Essays by Michel de Montaigne the title of an assemblage of 107 essays the author wrote and published in 1580 astonishingly is rated by experts today as among the greatest nonfiction books of all time Furthermore Montaigne is credited with inventing the writing style of an essay meaning the short subject treatment of a given subject My Writings Personal Essays aims to provide readers with a poignant and useful self reliance publication worthy of their time that is captivating interesting and stimulating But most importantly it is a permanent resource that can be referred to as needed treasured and passed on to others for generations

Grandparents Gil McNeil,Sarah Brown,2009-10-13 Grandparents what would we do without them They come in all

shapes and sizes but with their wise words and kind ways they can be a source of inspiration and encouragement like no other Here Britain s national treasures share their personal anecdotes about grandparents Some recollect fond childhood memories of their Granny or Granddad while others share with us their own experiences of what it is like to be a grandparent Both hugely entertaining and heart warming this wonderful celebration is the perfect gift for a much loved grandparent

Out of Time Lynne Segal,2013-11-05 In Out of Time leading thinker Lynne Segal examines her life and surveys the work and lives of other writers and artists to explore the pleasures and perils of growing old Following in the footsteps of Simone de Beauvoir who in her mid fifties mourned never again and yet was energetically writing in her sixties and seventies Segal mixes memoir literature and polemic to examine the inevitable consequences of staying alive Who is that stranger who stares back from the mirror What happens to ambition and sexuality As millions of baby boomers approach their sixth or seventh decade these questions are becoming increasingly urgent Must the old always be in conflict with the young How can we deal with the inevitability of loss and find victory in survival Brilliant moving and challenging Out of Time is an urgent and necessary corrective to the assumptions and taboos that constrain the lives of the aged *Sex, Meaning and the Menopause*

Sue Brayne,2011-06-02 A menopausal woman s search for what matters and a challenge to the myth that all older women want to remain sexually active Sod Seventy!: The Guide to Living Well Muir Gray,2024-11-07 Keep fit keep the brain going and with a spot of good fortune you can be living a fulfilling active life in your 70s 80s 90s and beyond Too many people think that ageing inevitably causes problems after seventy but a lot of these can in fact be postponed or prevented because they are not caused by ageing but by a loss of fitness preventable disease ageism and the negative beliefs and pessimistic attitudes that pervade society Shake off the stereotypes and empower yourself by adopting the simple actions described in this book Keep fit eat well keep your brain active and with a spot of good fortune you can be living a rewarding active life into your eighties nineties and beyond Live better for longer and remember seventy is the end of the beginning not the beginning of the end This edition includes new chapters on The brain and the mind including dementia prevention Managing your NHS service Taking charge of your healthcare in the digital world Fighting back after lockdown Part brain and body exercise book part manifesto for a happier healthier life this book will show you how to Sod Seventy and live life to the fullest

Sod Sixty! Claire Parker,Muir Gray,2016-02-04 Getting older doesn t matter Keeping active does Sod turning sixty make those small changes now and reap the rewards in your later decades In the bestselling Sod Seventy Sir Muir Gray demanded a bonfire of the slippers and a reframing of what it is to be seventy and older and how to make the most of your seventies by closing the fitness gap to stay fit and strong Sod Sixty is a fun friendly hands on guide to navigating your sixties a very different decade with very different demands Find out how to get fitter whatever your history how to eat healthily how to juggle looking after yourself with the responsibilities of family friends and work and how to make the most of this decade of change But this is no boot camp regime Sod Sixty acknowledges the reality of our daily lives and has a balanced approach

packed with achievable practical and realistic strategies to improve your health and wellbeing Our sixties are often thought of as the turning point decade Use this as an opportunity to take stock to look after yourself reduce your risk of disease and make simple lifestyle and attitude changes that will have real impact later on Use your sixties to make sure you face your seventies more resilient and independent rather than more vulnerable as time passes This series appeals to anyone looking for straightforward practical non faddy advice to help them stay active and healthy

Masculinities and Literary Studies Josep M. Armengol, Marta Bosch Vilarrubias, Àngels Carabí, Teresa Requena, 2017-02-03 As more and more work is being done in the name of the ever growing field of study of literary representations of masculinities it seems timely to not only review its development and main contributions to the larger field of masculinity studies but also to look at its latest advances and new directions These are precisely the two main aims of Masculinities and Literary Studies which seeks to explore the conjunction between these two fields while exploring some of the latest developments and new directions resulting from such intersections If much of the existing masculinity scholarship has traditionally been grounded in a specific discipline this volume also seeks to provide an innovative methodological approach to the subject of literary masculinities by proving the applicability of the latest interdisciplinary masculinity scholarship namely sociology social work psychology economics political science ecology etc to the literary analysis thus crossing the traditional boundary between the Social Sciences and the Humanities in new and profound ways Presenting the latest advances in masculinity scholarship this interdisciplinary book will appeal to gender and masculinity scholars from a wide variety of fields including sociology and social work psychology philosophy political science and cultural and literary studies

Sod Seventy! Muir Gray, 2015-01-15 Sod 70 Keep fit keep the brain going and with a spot of good fortune you can be living a fulfilling active life into your nineties and beyond This book part exercise book part manifesto for a happier healthier life tells you how Many of us approach our seventies with an unhelpful stereotype lodged in our brains The stooped figures on the road sign imply that ageing inevitably causes problems but many of these can be postponed or prevented because they are caused not by ageing but by loss of fitness preventable disease and the wrong attitude Shake off the stereotypes and empower yourself Embrace seventy and make the most of it by following the simple resolutions created for you in this book packed with ideas to help you get fit and healthy in body and mind This book tells you how to Sod Seventy and live life to the full Keep fit keep your brain active and with a spot of good fortune you can be living a rewarding active life into your eighties nineties and beyond Part exercise book part manifesto for a happier healthier life this book will show you how From the art of body maintenance to the importance of choosing healthcare wisely Sod Seventy is the practical and uplifting approach to living longer and better The perfect gift for friends or relatives nearing seventy or a present to yourself

The Virginia Monologues Virginia Ironside, 2009-09-03 When she started to clock up the years in earnest everyone tried not to mention it But now Virginia Ironside is actually sixty five she can't see what all the fuss was about It's great to be old Growing ancient is not a loss but a gain You're more

confident and if your memory s going at least you forget the bad times like all those ghastly men you slept with in the other sixties And isn t now the time to take lots of drugs and not just the ones prescribed by the doctor which are now you re old completely free There s nothing more fun than comparing your various ailments with other oldies I take so many fish oils I m thinking of joining an aquarium curtain twitching complaining or Virginia s preference just mooching about From Grandchildren The reward for not killing your children and Being a Bore You re in your anecdotage so nobody can complain to Sex I don t know about you but I ve had enough sex to last me a lifetime Virginia Ironside tackles all the issues that face today s elegant and distinguished oldies with optimism and enthusiasm and makes you want to cheer **John Mortimer**

Graham Lord,2006-08-22 The first biography of legendary barrister novelist Rumpole of the Bailey and all around colorful character John Mortimer **Twentieth Century Literature in English** Ed. Manmohan K. Bhatnagar,1996 The Present Anthology Of Critical Essays On Twentieth Century English Literature Seeks To Put Together The Body Of Writing Criticism Poetry Fiction Short Story In England America Australia Africa And India In The Present Age To Discover How Despite Its Seeming Divergence And Dissimilarities It Falls Into A Broad Pattern With Regard To The Choice Of Themes And Formal Strategies The Essays Included Are Theoretical Com Parative And Exigetical Expounding Move Ments Like Modernism And Post Modernism Critical Perspectives Like The Scientifico Psychological Approach And Its Practical Application And Critiques Of T S Eliot Thomas Hardy E M Forster James Joyce Virginia Woolf Evelyn Waugh G B Shaw Harold Pinter Scott Fitzgerald John Steinbeck Wole Soyinka Manohar Malgonkar Nayantara Sahgal C J Koch And Frank Moorhouse The Anthology Reveals The Family Re Semblance In Twentieth Century English Literature Irrespective Of Geographic And Cultural Barriers Reinforcing The View That In The Global Village That The World Has Become Literature In English All Over The World In The Modern Context Has Come To Assume The Form Of A Community Discourse **Transition from Rejection to Embraced**

Gabriella Abigail Everett,2024-12-13 Gabriella Abigail Everett is a girl born into a boy s body Her dad wanted an athletic boy but she was not athletic but musically inclined Even though she despised her childhood and most of her youth she became a musician teacher and theologian still having emotional ups and downs At age 49 Gabriella married her soulmate She is a card carrying member of the LGTBQAI community and also a member of an affirming Christian church in the suburbs of Houston Read her roller coaster of a story About the Author Gabriella Abigail Everett is a retired teacher retired pastor amateur actress amateur musician long retired distance runner amateur model avid reader avid car traveler and dedicated Christian

The Modern Movement John Gross,1992 Twelve authors from W B Yeats to Franz Kafka and how the TLS reacted to their work on its first appearance and something of how it has come to be viewed in retrospect *The Words and Music of Alanis Morissette* Karen Fournier,2015-01-16 Through an examination of her music videos philanthropic work and biographical details this book gives insight into Alanis Morissette s musical career and day to day life from her early pop beginnings in Canada to her work today As a whole Alanis Morissette s work has never been critically analyzed The Words

and Music of Alanis Morissette addresses this oversight through its examination of Morissette's work in the context of biographical facts its relationship to other cultural trends and its reflection of the female perspective This book merges biographical information with a critical examination of the music that she produced and performed during all periods of her life thereby providing a needed overview of Morissette's body of work All Morissette fans will appreciate learning about the details of her life but the author's melding of the star's personal life story with an informed analysis of popular music will also appeal to a wider audience readers interested in music culture women's studies or female musicians for example The book provides entertaining and engrossing reading for any Alanis Morissette fan and serves as a resource that documents her broad contributions to the music industry

Nigger Randall Kennedy, 2022-02-08 The twentieth anniversary edition of one of the most controversial books ever published on race and language is now more relevant than ever in this season of racial reckoning from one of our most important and perceptive writers on race The Washington Post In addition to a brave and bracing inquiry into the origins uses and impact of the infamous word this edition features an extensive new introduction that addresses major developments in its evolution during the last two decades of its vexed history In the new introduction to his classic work Kennedy questions the claim that nigger is the most tabooed term in the American language faced with the implacable prevalence of its old fashioned anti Black sense Nigger continues to be part of the loud soundtrack of the worst instances of racial aggression in American life racially motivated assaults and murders arson intentional infliction of emotional distress and workplace harassment Consider this twenty years ago Kennedy wrote that any major politician credibly accused of using nigger would be immediately abandoned and ostracized He was wrong Donald Trump former POTUS himself was credibly charged and the allegation caused little more than a yawn No one doubted the accuracy of the claim but amidst all his other racist acts his nigger baiting no longer seemed shocking Nigger is still very much alive and all too widely accepted On the other hand Kennedy is concerned to address the many episodes in which people have been punished for quoting enunciating or saying nigger in circumstances that should have made it clear that the speakers were doing nothing wrong or at least nothing sufficiently wrong to merit the extent of the denunciation they suffered He discusses for example the inquisition of Bill Maher and his pathetic apology and the white teachers who have been disciplined for reading out loud texts that contain nigger He argues that in assessing these controversies we ought to be more careful about the use mention distinction menacingly calling someone a nigger is wholly different than quoting a sentence from a text by James Baldwin or Toni Morrison or Flannery O'Connor or Mark Twain Kennedy argues against the proposition that different rules should apply depending upon the race of the speaker of nigger offering stunningly commonsensical reasons for abjuring the erection of such boundaries He concludes by venturing a forecast about the likely status of nigger in American culture during the next twenty years when we will see the clear ascendance of a so called minority majority body politic which term itself is redolent of white supremacy

The Literary World ,1883 **Work That Matters** Maia Duerr, 2017-12-26 So

many of us feel trapped in wage slavery and deadened to our true talents and life's purpose. Or we've wandered through dozens of jobs and are left feeling adrift and without meaning in our lives. Livelihood is a source of great suffering for way too many. Author and longtime meditator Maia Duerr wandered through several professions and dozens of jobs including alfalfa sprout packer and Buddhist chaplain before she finally unlocked a combination of work that was deeply fulfilling and sustainable. These experiences provided her with rich material to examine the emotional, psychological, and cultural barriers to creating work that expressed her life's core intention, what she calls Liberation Based Livelihood. Work is one of the primary vehicles for expressing our deepest selves. Using the 6 Keys to Liberation Based Livelihood as a framework, Duerr takes readers through a comprehensive process that can lead to breakthroughs and positive reformulation of their careers. Mindfulness practice is an invaluable tool in the process of gaining new perspective. *Work That Matters* gives you the tools to create joyful work that embodies love and compassion for yourself and for the whole world.

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