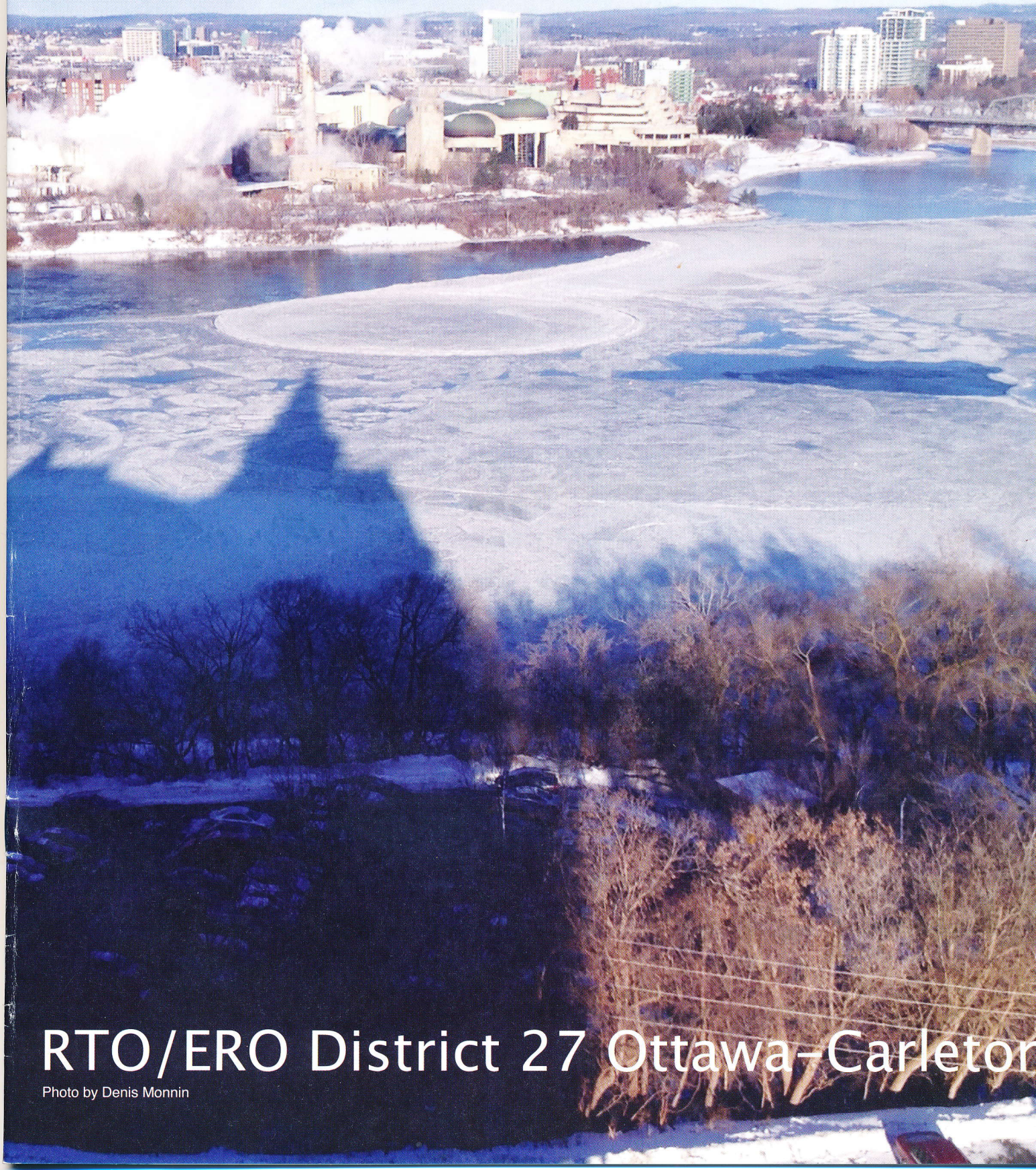




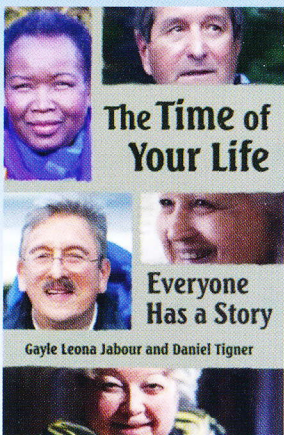
Horizons 27

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Photo by Denis Monnin



BOOK REVIEW

by Yvonne Hough

"It was a beautiful gift". These words, from one of the subjects in the book, summarize for me how I felt at the end of this book.

The Time of Your Life, Everyone Has a Story, co-written by Gayle Leona Jabour and Daniel Tigner, published by GSPH, is an almost three hundred page collection of individual stories told by 40 retired or semi-retired individuals, ages fifty to almost one hundred. beautiful

There are stories from a retired NHL hockey player, an intuitive life coach, a former nurse, an immigration consultant, to name a few. They all have one thing in common. They may have retired from their jobs but certainly not from life. These are real people telling their real life stories, in their own words. The stories are written in such an engaging way that it is like listening to each one of them speak to you personally. It is almost like you are in the room with them as they tell their stories. It is a very honest portrayal of people's lives after retirement, with no

pretence, no wearing of rose-coloured glasses. The stories are genuine, sometimes funny, sometimes sad and touching. They tell of their experiences and express honestly and openly the good and the bad, the easy and the difficult, sharing their insights and wisdom.

For anyone contemplating retirement or struggling in retirement, these stories tell it like it is and may help to navigate the sometimes difficult path. The underlying theme is that the more active you are in retirement the more positive you will be.