

New book gives readers a 'Time of Your Life'



November 7, 2013

Arnprior Chronicle-Guide

News - Everyone has interesting stories to tell.

No one knows this better than local authors Gayle Leona Jabour and Daniel Tigner.

After a series of highly enjoyable interviews with 40 intriguing people between the ages of 50 and 100, they have written a book called *The Time of Your Life (Everyone Has a Story)* published by Valley-based General Store Publishing House.

Among the retirees interviewed was White Lake songwriter Bill Connelly, a noted story-teller in his own right. Connelly appeared with the authors recently on Valley Heritage Radio to promote the book and sing a song to mark National Seniors Day. "He's a great guy," said Jabour, during a visit to Arnprior to promote the book. "He has such good stories to tell."

The pair explain that it was a yearlong project to conduct the interviews and write *The Time of Your Life*.

They say they had a wonderful time interviewing all their subjects, which included First Nations advocate Earl Command, former NHL player Laurie Boschman, and radio personality Gord Atkinson and his wife Elaine. "We really enjoyed hearing everyone's stories," said Jabour, who is well-known as a television producer and researcher. It's an eclectic group with rich life experiences. Among the others interviewed are an Eastern Orthodox priest, a former television producer, member of the spiritualist church, bus driver, teachers, caregivers and a host of others who have had interesting and challenging lives.

Jabour and Tigner, a teacher and photographer, say *The Time of Your Life* is all about learning to take life more in stride. A high value is put on spirituality by most of those interviewed, "as one would hope of those who have lived long and well."

As Jabour says, "we want people to learn from them."

Most subjects give good advice, from stressing how good it feels to help others to encouraging people to keep moving and continue to be useful as they grow older. Another theme of the book is that it is never too late to begin something new.

General House is touting the book's "uplifting and positive stories" as "good reading for all ages."

BOOK-SIGNING NOV. 23

The authors will be in Arnprior Saturday, Nov. 23 from 1 to 3 p.m. for a book signing at the Book Store.

The Time of Your Life retails for \$24.95. As well as collaborating on *The Time of Your Life*, they are working together on radio and television documentaries and other book projects.

For more on the authors and book, visit www.the-time-of-your-life.ca

<http://www.insideottawavalley.com/news-story/4197314-new-book-gives-readers-a-time-of-your-life/>