

The Time of Your Life - Everyone Has a Story by Gayle Leona Jabour and Daniel Tigner

Hot off this summer's press comes *The Time of Your Life - Everyone Has a Story* by Gayle Leona Jabour and Daniel Tigner, published by General Store Publishing House, Renfrew, Ontario. The book recounts the essence of the lives of forty people from early fifties to late nineties, their core learnings, and what it is that makes them who they are.

This is a book about miracles, not the supernatural type, but the revelations of ordinary people as they meet life's challenges and find the deeper purpose in their lives.

A wide range of diverse and relevant subjects are discussed related to aging, retirement, palliative care and gerontology. These stories are highly readable and engaging, filled with humour and rich experience and the diversity of people profiled captures the multi-cultural fabric of Canadian society.

Readers will see glimpses of our history as experienced by the older adults who share their stories in this book. Many ongoing social and psychological concerns affecting the well-being of our aging population are examined such as elders remaining in their homes, retirement homes and long term care facilities, death and dying, palliative care, mobility, and leisure and health promotion.

After reading this book one will be left with a greater appreciation of and empathy with people of older generations, many who remain engaged and highly creative.

The book is available online and at various local book stores.

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