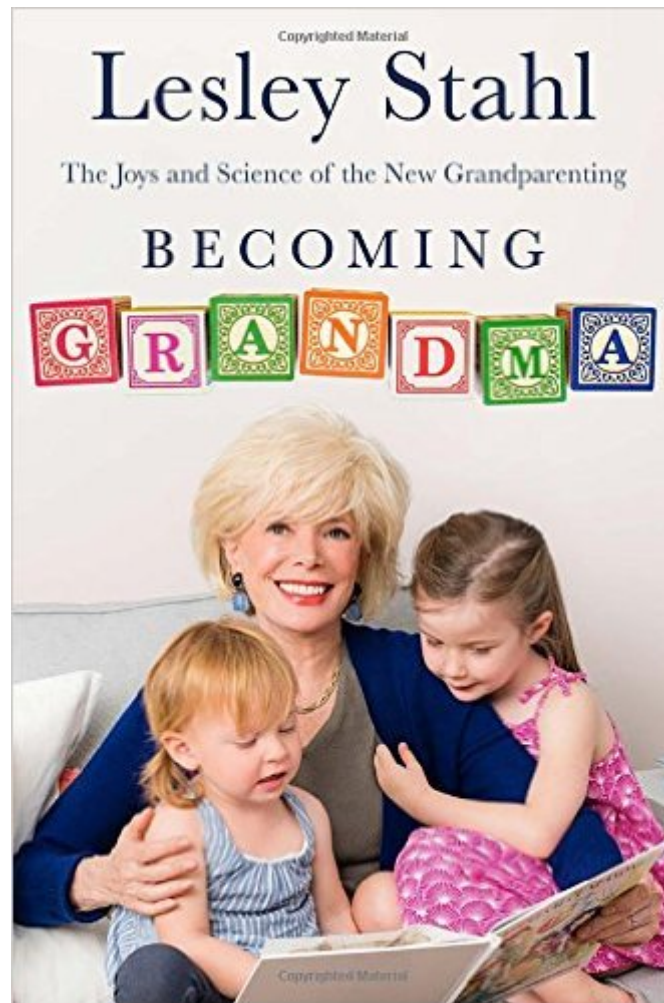


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# Becoming Grandma: The Joys And Science Of The New Grandparenting



## Synopsis

From one of the country's most recognizable journalists: How becoming a grandmother transforms a woman's life. After four decades as a reporter, Lesley Stahl's most vivid and transformative experience of her life was not covering the White House, interviewing heads of state, or researching stories at 60 Minutes. It was becoming a grandmother. She was hit with a jolt of joy so intense and unexpected, she wanted to investigate it as though it were a news flash. And so, using her 60 Minutes skills, she explored how grandmothering changes a woman's life, interviewing friends like Whoopi Goldberg, colleagues like Diane Sawyer (and grandfathers, including Tom Brokaw), as well as the proverbial woman next door. Along with these personal accounts, Stahl speaks with scientists and doctors about physiological changes that occur in women when they have grandchildren; anthropologists about why there are grandmothers, in evolutionary terms; and psychiatrists about the therapeutic effects of grandchildren on both grandmothers and grandfathers. Throughout *Becoming Grandma*, Stahl shares stories about her own life with granddaughters Jordan and Chloe, about how her relationship with her daughter, Taylor, has changed, and about how being a grandfather has affected her husband, Aaron. In an era when baby boomers are becoming grandparents in droves and when young parents need all the help they can get raising their children, Stahl's book is a timely and affecting read that redefines a cherished relationship.

## Book Information

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## Customer Reviews

This is the first book I know of to take a comprehensive and interdisciplinary and intellectually rigorous look at grandmothing. In Lesley Stahl's hands, grandmothing isn't just cookies and coziness--she pushes beyond the simple associations, cliches, and stereotypes to generate a rich and fascinating perspective on the topic. She looks at the evolutionary prehistory of grandmothing, and the cooperative breeding hypothesis that grandmothers are the ones who helped our species thrive. She looks at grandmothers throughout history, and grandmothers all over the world. She looks at foster grandmothers and how they enrich the lives of children in one community, and she looks at step grandmothers, too, a growing demographic in the US. This book is going to change the way we think about grandmothers, childrearing, families, and our very selves. I loved it and believe it is an important contribution to the sociological literature on women's lives, roles, and life stages. Not to mention a page-turning read about Lesley Stahl's personal and very moving grandmothing journey.

A good read...a good start to my "reading up" in preparation for my first grandchild. I too have been shocked by some of my friends--who were career women and who seemed to tolerate parenting more than love it--who changed suddenly into doting grandmothers. ?? WHAT?!? It was a joy to watch them...and this book helps explain some of what is going on. Great, honest insights. Since I was a mom of five who stayed home and even homeschooled my younger children, one might think I would be "at odds" with Lesley Stahl, career woman extraordinaire. Those mommy wars were mostly invented by some trying to stir up a story--and, yes, perpetuated by a few nasty working women and a few nasty moms at home. Most of us moms had WAY more in common than we had different, and I enjoyed friendships with career moms as well as with other homsechooling moms. Same is true of grandparenting--we have MUCH MORE in common as grandmothers than what is different. This book celebrates that AND gives insights into the journey ahead. Thank you, Lesley, for shining light on the path behind you to help those of us beginning our grandparenting journeys.

This book paints a picture of life that you could never have dreamed of happening. The Baby Boomers have become older being a copy of their parents in retirement. The 2016 version of becoming OLDER is completely different no matter how difficult. This book is a good beginning of how to spend/plan your last 30-40 years of your life with meaning. This book is a good read.

This was a very enjoyable, interesting and well-written book. As a grandfather I easily related to it, even though it was written more from the perspective of the grandmother. The demographics were

also very informative.

It seemed straightforward: Grandparents love their grandchildren. But you have no idea how far, and to what interesting places, this book will take you, while keeping a lively conversational tone. Did I mention that I laughed out loud a few times in every chapter? From the start, Stahl guides the reader through a good mix of science, journalistic exploration and personal experience. I bought it because I love her on 60 Minutes, but I'm ordered a few friends a copy for Mother's Day so they get to laugh and relax with someone who has shared some of the most powerful experiences of their life. Easy and fun to read. A must for expecting or recent grandparents.

Lesley Stahl describes the joys of becoming a grandmother with vibrancy, humor, and psychological depth. It was so validating to read--I HAVE fallen in love with my grandchildren--mind, body, soul. She also describes this time in our history: the baby-boomers, the early feminists, are now becoming grandmothers. And, we are living longer. We can be as active and involved grandmothers as we choose--and our children let us. We are not the stereotyped little old ladies or meddling mothers-in-law; we are women with jobs, professions, education. With this comes the capacity to influence our grandchildren's lives in strong positive ways. The joy is falling in love; the "science" is that we can contribute meaningfully to our children's and grandchildren's--and our own-- family connection. She also identifies the other realities. Many 70 and 80 year olds do not have the energy and stamina to be granny nannies. Our immune systems are challenged. (This morning I think I'm getting pink eye--which means I'll lose a day at work! ) Balancing "helping" with "interfering" is a challenge. Not being in charge is a challenge. Yet being a grandmother remains worthwhile and transforming. Thank you, Lesley Stahl, for writing this book!

I purchased this book in hopes that it would enlighten me as to the amazing calling of being a grandmother • in this new world we live in. I am sorry to say that the author is ostentatious • with regard to her • idea of the role of a grandmother •. Not many grandmas I know can pay for their grandchildren's childcare, medical bills, toys, clothing, vacations and even mortgages for their grown children as she suggests is our responsibility as grandmothers. Many of us still work to continue to pay our own bills and save for our older years. Even care for an ailing spouse. To dedicate this book to Grandmother's everywhere is misleading and disappointing. The author shares applause for Hillary Clinton; Michelle Obama as role models for mother's which many do not agree with!!! She should have kept her political

views out of this book. Her display of wealth and examples of â œspoilingâ • not only her children but grandchildren does not shed a positive or reasonable light to the majority of the senior population. Sorry, but this book is highly disappointing. I would not waste your time or money. I rarely ever write a review but in this case I felt it very necessary. Thank you.

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