



Peeking Over the Edge ... views from life's middle

By Cathy Jo Marley

MEDIA RELEASE

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New Book Celebrates Life's Best Half—the Years After 50

Phoenix, Arizona, May 25, 2006. Middle age. Over the hill or just getting a second wind? In her just-published book *PEEKING OVER THE EDGE... VIEWS FROM LIFE'S MIDDLE* (Infinity Publishing, April, 2006), award-winning author Cathy Marley explores the second half of life as a time for celebration rather than disappointment. Its philosophical look at the positives that came to the author with age, will appeal to the millions of baby boomers and near-boomers who choose to fully live every moment of life rather than ever be over the hill. Filled with wisdom, wit, and insights, *PEEKING OVER THE EDGE* is sure to touch hearts everywhere.

PEEKING OVER THE EDGE is a book that balances past regrets and triumphs with eager anticipation of a future built on wisdom gained along the way. On reaching 50, the award-winning author refused to be “over the hill” and instead searched until she found her second wind and grew into her own strengths. “In the book,” she claims, “I look at how, after I turned 50, I became more reflective, more positive, more assertive than I ever thought I could be.” In *PEEKING OVER THE EDGE*, Ms. Marley explores such universal topics as:

- Her lifelong battle with weight and self esteem
- Love, family and stepmothering
- Tolerance and kinship
- Coming into our own power, and
- The insights and expanded awareness that come with age

As she says, “This book is a little bit about love, a little bit about self acceptance, and a lot about the legacy we choose to create for ourselves. I believe what I have said here goes beyond my

own experience to truths that apply to anyone learning to deal with the challenges and rewards that come with age.”

PEEKING OVER THE EDGE is filled with thoughts that speak to the estimated 78 million baby boomers in the United States, a group that is unique in the history of the world. Today’s generation of boomers were instrumental in effecting women’s liberation, equal rights and desegregation. Oblivious to their own inevitable aging, they glibly proclaimed “make love not war,” and “never trust anyone over 30.” They changed America and the world. Now in their 50s and 60s, they refuse to march blindly into old age. Rather, by the sheer power of their numbers, they are re-defining the second half of life. Through her personal reflections in *PEEKING OVER THE EDGE*, the author reaches out to the hearts and minds of this most pivotal generation. It is a book that will help others, whether they are a baby boomer or not, discover for themselves the legacy they are choosing to create.

PEEKING OVER THE EDGE was introduced at the May 13, 2006 Women Writers of the Desert Write On! 2006 Writers Conference where Ms. Marley won a Third Place award for her essay, The White Suit. For further information on *PEEKING OVER THE EDGE*, contact Cathy Marley, 602.788.3083, e-mail Cathy@CathyMarley.com or visit www.CathyMarley.com for a complete downloadable media kit, including photographs, and book cover.

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