



CHOOSE YOUR PLACE: RETHINKING HOME AS YOU AGE

Author Media Kit

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Book Description

Advance Praise

More Books by the Authors

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Book Details

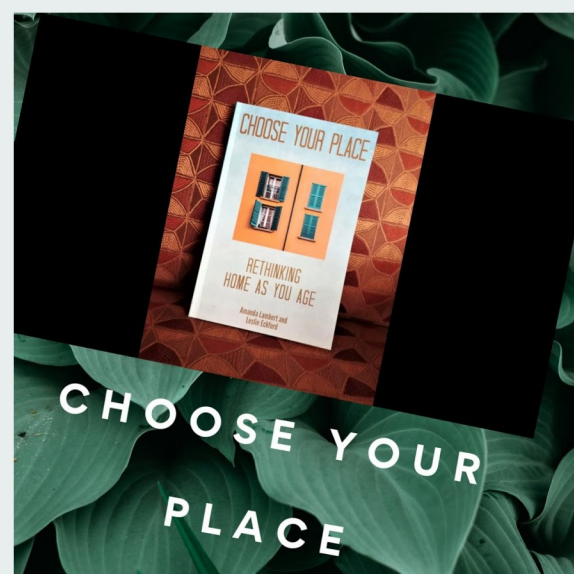
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Just Published

CHOOSE YOUR PLACE: RETHINKING HOME AS YOU AGE

Where do you want to live as you age?

People who have lived their lives making their own choices want to continue to have control. Meet real older adults deciding for themselves where and with whom they want to live in their old age. Hear what it's really like to live in cohousing, retire abroad as an expat, find roommates, or make living with adult children work for everyone. **Includes COVID updates:** How does the pandemic shape your choices?

Advance Praise for Choose Your Place:

"In exploring the many options for a problem that impacts us all, Eckford and Lambert have their ears firmly to the ground. They not only have the answers, but they also ask exactly the right questions. Choose Your Place is a work of enormous sensitivity, honesty and insight, fascinating in its scope and often surprising in its findings."

Marni Jameson, Author, **Downsizing the Family Home** and **Downsizing the Blended Home**

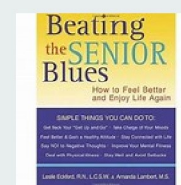
MORE BOOKS BY LAMBERT AND ECKFORD:



**AGING WITH CARE: YOUR
GUIDE TO HIRING AND
MANAGING CAREGIVERS AT
HOME**
(Rowman & Littlefield 2018)

**"Packed with practical
information." -BOOKLIST**

WINNER
American Journal of Nursing
**2018 Book of the
Year-Gerontological Nursing**



**BEATING THE SENIOR
BLUES: HOW TO FEEL
BETTER AND ENJOY LIFE
AGAIN**
(New Harbinger 2002)



CHOOSE YOUR PLACE



RETHINKING HOME AS YOU AGE

Amanda Lambert and
Leslie Eckford



Amanda Lambert



Leslie Eckford

CHOOSE YOUR PLACE: RETHINKING HOME AS YOU AGE

Pages: 145

Genre: Aging, Retirement, Healthy Aging, Self Help

Publisher: Lambert and Eckford Publishing

Publication Date: November 2020

ISBN: 979-8567914373 (Amazon) 9780578768632 (Ingram)

Paperback: \$14.99 **ebook:** \$6.99

Target Audience: Ages 55+, Pre and Post Retirement, Empty Nesters, Late Divorcees, Widows and Widowers, Those Downsizing and Relocating, Multigenerational Families Living Together

Available At: Amazon and Ingram

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AMANDA LAMBERT

Amanda is a geriatric care manager and consultant with over 15 years doing care management and professional guardianship work for older adults. She is also a freelance writer for Home Care Assistance, JoinCake.com, Alliance America and Pillarlife.com. Amanda has a particular interest in how older adults age with purpose and good health. amandal57@outlook.com

LESLIE ECKFORD

Leslie is a Licensed Clinical Social Worker and RN with a long practice in mental health and geriatric health. She is a blogger and co-creator of mindfulaging.com and co-author with Amanda Lambert of three books. Leslie believes the "empty nest" is the "empty NEXT." lesliee@xmission.com

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P R E S S R E L E A S E :

For people thinking about their retirement years, one thing is certain. Where you choose to live matters.

Lambert and Eckford have written a timely book. They invite readers of a certain age to explore their home options. The authors provide accessible and engaging real life stories for an audience including the newly retired, empty nesters and those ready for a new adventure.

Filled with practical information, this book gives you the tools to take control of your lifestyle and home. Choose Your Place: Rethinking Home as You Age is the perfect book for the moment.

I N T E R V I E W Q U E S T I O N S

- * What led to writing this book? Who is it for?
- * How is this book timely in light of the pandemic?
- * What are some of the challenges that people face when they want to relocate later in life?
- * How can this book help families start conversations about aging?
- * When should people start thinking and planning where they want to live as they age?

