

## *About Chloe Jon Paul*

Chloe Jon Paul, M.Ed., is a retired educator and writer of several published articles and a previous book entitled “What Happens Next: A Family Guide to Nursing Home Visits...and More”.

Her many achievements since the age of 55 include:

- Title of Ms. Maryland Senior America 2003
- Recipient of the Fulbright Fellowship Seminars Abroad award to South Africa, 1996
- Volunteer internship during the 2005 Maryland legislative session as a Legacy Leadership Institute graduate
- Lead facilitator for the Alternatives to Violence Project in prison and community workshops on conflict resolution for ten years
- State representative for the National Family Caregivers Association’s caregiver community action network 2006-2008
- Advisory board member: MD, Healthcare Commission and the Interagency Commission for Aging Services: Maryland Dept. of Aging
- Hospice and homeless shelter volunteer
- Coordinator for the Good Samaritan Project at her church
- World traveler – all 7 continents

## *Chloe's philosophy of life is: find a need and fill it.*

### **Questions & Answers for Interview**

1. What prompted you to write this book?

After speaking with many women here and abroad, I discovered that there are many women out there who don't have a clue as to who they really are at an age when it is so important to have a true identity.

2. What qualifies you to write this kind of book?

While I don't consider myself an "expert", I feel that I've had enough experience in all the areas that I cover in the book that enable me to share lots of valuable information. Additionally, my ability to do the research required is a plus.

3. Is there any one thing in particular that you hope to accomplish through your book?

I want to see women defy the myths of aging and embrace this stage of their lives graciously and enthusiastically.

4. Why did you decide to treat it as a "travel guide"?

As a seasoned traveler myself, I know the importance of a good travel guide. Since entering the age of elegance is such an important journey, it seemed logical to me to write it in that fashion. While testing out the book's potential, I got a "thumbs up" from countless women (and men!)

5. What do you say to women who are afraid of getting old?

I think that if they read my book, they'll get all the answers they need. In one section of the book I discuss the ten major fears women have about aging.

6. What do you consider the most important statement you have made in this book?

I think it is well defined in the Epilogue. (This can be read aloud)

7. What can you share about your own journey into the Age of Elegance?

Do you have another two hours to spare? It has been a fabulous journey for me. That doesn't mean that I haven't had my share of problems and disappointments. I have learned to visit those four rooms that I talk about in my book daily and it has made all the difference in the world. \* Author would explain "those four rooms" in detail.

My bio actually shows what I've accomplished since the age of 55.

## What the Experts Are Saying

Jon Paul has written a comprehensive guide for women at midlife, which reveals the many facets of change and how to live through them with grace. Travel with her and discover practices that are life altering. She gives voice to many aspects of our middle years that will educate and encourage you to want to live your best second adulthood.

- Dotsie Bregel,  
Founder & President of the National Association of Baby  
Boomer Women

Chloe Jon Paul has developed an extensive guide to help mature women live creatively, healthily, and elegantly. This book offers inspiration, specific instructions, and information to women forty and older - the resources and self-queries stimulate thought and action.

-Ruth Harriet Jacobs, PhD, author of *Be an Outrageous Older Woman*  
and *ABC's for Seniors*

Chloe Jon Paul offers a helpful hand of uplifting guidance, life wisdom and innovative tips for women entering *The Age of Elegance*. I highly recommend this easy-to-read book, manual and road map for those courageous souls who choose to embrace the inevitable aging process with gusto and grace.

-William G. DeFoore, Ph.D. Author and originator of the article and program, *Elegant Aging: Growing Deeper, Stronger, Wiser*.  
[www.Goodfinding.com](http://www.Goodfinding.com).

Chloe Jon Paul's book is filled to the brim with important information, research and inspiration for the woman who wants to age well with elegance and zest.

- Pamela D. Blair, Ph.D., Psychotherapist and Life Coach Author, *The Next Fifty Years: A Guide for Women at Midlife and Beyond*, (Hampton Roads Publishing) Co-Author, *I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One* (Sourcebooks, Inc.)

*Entering the Age of Elegance* is a complete and practical A to Z guide for women who are interested in exploring how they can take command of what may well be the most influential part of their lives and make the choices necessary to create fulfillment and joy in their journeys.

-Edgar Papke, CEO and President, Living Change, Inc.

# ***FOR IMMEDIATE RELEASE***

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*A much anticipated “travel guide” for the maturing modern woman making her way into the Age of Elegance.*

Thanks to Chloe Jon Paul, women finally have a practical guide to planning their fabulous journey into their Age of elegance. Pack your bag and travel wisely and well as a maturing modern woman. You won't find a better roadmap anywhere to help you through the sometimes-confusing labyrinth of second adulthood. Give this book to friends, family, and even the men in your life. Let them travel with you. You will be glad you did.

-Dr. Dorree Lynn, Psychologist, Media Personality, Founder/Editor of [www.FiftyandFurthermore.com](http://www.FiftyandFurthermore.com)

Thirty-eight million baby boomer women have already entered the Age of Elegance and more will follow; yet many of these 50+ women are making this journey without any real advance planning. Many of them don't even think of themselves as “elegant” but this transition into the second half of their lives should take place with style and grace.

Now think F-A-S-T: \*format\*approach \*style \*tempo These are the key elements which make this book original. It is written as a travel guide filled with valuable information that will whet the reader's appetite to explore resources in detail on the topics featured in the book. The Table of Contents provides such curiosity- evoking subtitles as ***Change Your “Oil Filter”, The FGA Quotient, The F-Word You Need to Use, The 10 Commandments of Aging Motherhood, Think MSN, Beyond Support Pantyhose, and Just Heard It Through the Grapevine.***

The author has networked with more than 25 leading women's organizations across the nation and they look forward to reading ***Entering the Age of Elegance: a Rite of Passage & Practical Guide for the Maturing Modern Woman.***

Chloe Jon Paul is the author of numerous published articles and *What Happens Next: a Family Guide to Nursing Home Visits...and More*. She has lectured across the country to professional and family caregiver groups. She holds the title of Ms. Maryland Senior America 2003.

## **Product Specifications:**

***Entering the Age of Elegance: A Rite of Passage & Practical Guide for the Modern Maturing Woman***

**By Chloe JonPaul**

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