

Former Resident Comes Back to Share Her Message**Book Signing at The
Barn Gallery Apr. 30**

worked at Candlewood Playhouse (you may remember her as Caryn Goldberg). She also appeared in numerous local theatrical productions. "Six years ago the time had come," she said, "to move on and try my hand at something new." And so she began writing.

Having found success publishing short stories, essays and poetry predominately centering on women's issues she decided to go further and write a book. The topic? That which concerned her most as she traveled through life - finding a model to help her as she dealt with the various transitions she encountered on her path.

Caryn spent several years holding seminars and workshops around the country talking to women from all walks of life, individually and in groups. What she learned from them helped her find peace and happiness. This is the knowledge she now happily and helpfully shares with her readers in *The Tao of the Defiant Woman*.

Accept what you can't alter, rebel against the rest. That is the message of this book that explains how women can attain true happiness by embracing a philosophy of acceptance coupled with a dash of healthy defiance. Tao translates to "the path," as in the path or journey all of nature must follow.

Then the author adds a touch of defiance and boldness: First one accepts, then one does what one can with each situation rather than just giving in.

This guide for life over 40 recognizes five principles of the Tao of the defiant woman.

They are:

- A defiant woman recognizes that her body is changing and she is thankful that it continues working as well as it does.
- The defiant woman understands that her relationships are ever evolving and she accepts that, for she knows that she is a work in progress.
- The defiant woman treasures her friends and draws strength from the community of women.
- The defiant woman seeks positive role models to help guide her and strives to be a like example for her daughters.
- The defiant woman knows the world around her continues to develop and is content because there is always something new and exciting to learn.

"The book was written to help women everywhere look forward to the future while remembering the lessons of the past," said Caryn. "and I'm hearing from readers around the country telling me that the book is giving them a model upon which to fashion their lives. That makes me feel so good."

You can come say hello to Caryn Golden, and have her sign a book for you at The Barn Gallery, on Saturday, April 30th from 2:00 - 4:00. There will even be a big pot of coffee waiting to greet you, compliments of the New Fairfield Starbucks.



The Tao side of Caryn Golden with her infant grandson

THE TAO OF THE DEFIANT WOMAN
A Guide to Life over 40

Accepting What We Must—And Rebellating Against the Rest

C. J. Golden

Caryn Golden is coming back to town. Not that the former New Fairfield resident ever went very far from New Fairfield, nor that she never makes an appearance from time to time. This visit, however, will be quite different than her usual chiropractor appointments, or her shopping trips, or coffee breaks at Starbucks.

On Saturday, April 30, Caryn will be at The Barn Gallery signing copies of her newly published book: *The Tao of the Defiant Woman*.

During thirty-three years of active participation in our town, Ms. Golden raised her two children, served as a speech and hearing therapist in the school system,