

## Author praises defiant women

### Signing with Caryn Golden set at Bank Street bookstore

BY PAT CONWAY  
Contributing Writer

Take the ancient Chinese philosophy of Taoism, which in modern terms means to go with the flow, and spice it with a healthy dash of defiance, in the sense of being rebellious and bold. Then, take it a step further—accepting what we must and rebelling against the rest—and you have C.J. Golden's new book, "The Tao of the Defiant Woman: A Guide to Life Over 40" (Eronel Publishing, \$19.95).

"I'm convinced that all women, especially as we approach our fourth, fifth, sixth decades, and beyond, can and should absolutely define ourselves as Tao and defiant," she writes. "Those who do so are the

most fully alive and contented women around. They're a joy to be with because they're completely comfortable with themselves no matter what stage of their lives they happen to be in."

Ms. Golden, who will be having a book-signing tomorrow (April 16) at 2 p.m. at Baileywick Books on Bank Street in New Milford, believes that Taoism bestows an inner peace on women, but the defiant attitude endows them with the necessary skills to deal with challenges in life. Those challenges include relationships, careers, motherhood, health and aging.

Carrie Smith, a friend of Ms. Golden's who is also a writer, calls the book "a great source of inspiration for women. There's

something for every female to give them insight—to be who they are."

The seed was planted by a friend of the author's, who always took change in stride and looked forward to each new passage in life, including her 60th birthday. She suggested that Ms. Golden, who always had a difficult time in dealing with transition, go out and talk with others who embraced life and lived it to the fullest.

She wound up interviewing scores of women, friends and family members about how they dealt with change, challenges and growing older. She then conducted seminars and workshops for women to commune with each other and freely discuss these topics.



Author Caryn Golden

What Ms. Golden, the wife of Joe Golden, whose father and uncle ran Golden's Store on Bank Street, learned from this

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## Author to hold book-signing

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experience is revealed in her book in which she describes the Tao woman as ageless, glorious, and raring to go. "This woman will look in the mirror, observe the signs of passing time, and realize it's all part of life," Ms. Golden writes. She will be at ease with herself, the author added, share a passion for life and glide easily from one phase to another.

A former speech and hearing therapist in the New Fairfield school district, Ms. Golden reveals that there was a time when she wouldn't divulge her age, celebrate birthdays or even receive greeting cards from family. "Though women in their 70s

and 80s are proud to reveal their age, something happens when women reach their 40s, 50s, and 60s," she said. "It might have a lot to do with where they are at that age."

But after doing the research for this book, her attitude completely changed. "[Now] I want cosmetics that will make me look 10 years healthier rather than ten years younger," she said with a smile.

To celebrate her 60th birthday, she trained to do a three-day, 60-mile walk in Scottsdale, Ariz., for the Susan G. Komen Breast Cancer Foundation. "It was tough physically and mentally," she admitted. But she knew she couldn't complain about blisters when she was

walking next to women who had lost their hair to cancer.

When she came home, she ventured to do something she had always dreamed about—take a hot air balloon ride. "I was celebrating 60 with a bit of boldness," she said. "I was confident with me."

She realized that, as she got older, more fears crept in. But, with a newfound confidence and a Tao Woman philosophy, she embarked on new challenges. "I needed to tackle new things," she explains.

Since then, Ms. Golden, who minored in theater at Adelphi University and had a continuing role as an extra on the daytime soap "Ryan's Hope," has learned how to swim, gone dog

sledding, alleviated her fear of heights by taking her first helicopter ride to a glacier in Alaska, and taken up cross-country skiing and snowshoeing.

Her role models have also changed to include women who are proud of their age, women in chemotherapy who don't make up and earrings and aren't hiding in shame, and role models like the woman she met while hiking in Colorado.

"Her face was as wrinkled as a roadmap but I saw her beauty in being vibrant and vital," Ms. Golden recalled.

C.J. Golden will be signing copies of her book April 16 at 2 p.m. at Baileywick Books, located at 50 Bank Street.