



News Release

Contact: Jill Ivie
(805) 546-3108
FAX (805) 546-3921

Cuesta College Institutional Advancement/
Marketing & Communications
San Luis Obispo, CA 93403-8106
Email: jill_ivie@cuesta.edu

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Cuesta Instructor Publishes Book, a Celebration of Wise Womanhood

Cuesta College instructor Berta Parrish had 5 years of work come to fruition this fall when her book, "Wise Woman's Way: A Guide to Growing Older with Purpose and Passion," was completed and distributed to retailers.

The aim of her book is to identify and guide older woman through the life-changing initiatory experience that is rarely acknowledged in today's youth-oriented culture. She hopes to renew "purpose and passion for the best third of a woman's life."

"It's not just getting old that makes you wise," Parrish said about her book. "It is learning from our experiences that stretch us as adults. We discover new treasures from the inner journey: wisdom from knowledge, perspective from pain, passion from purpose, and finally, contentment."

The five-part book details the journey of a woman from Preparing for the Initiation, Creating a Vision, Honoring Loss, Inviting Renewal and Celebrating Wise Womanhood. Parrish will discuss the topics of the book at a workshop sponsored by the Women's Press, "Honoring the Wise Woman Within." The workshop is on Thursday, December 20 from 7 to 9 p.m. at Temple Beth David at 10180 Los Osos Valley Road for an admissions fee of \$20 to benefit the Woman's Press.

Parrish has been an academic support instructor and emeritus teacher at Cuesta College for 9 years. She earned her Ed.D. in Reading Education from Arizona State University and completed post-graduate course credit work in Counseling Psychology and Depth Psychology.

"Wise Woman's Way" is available for purchase in the Cuesta College Bookstore, Coalesce Book Store in Morro Bay, Volumes of Pleasure Bookshop in Los Osos, Halcyon Store in Arroyo Grande and Novel Experience in San Luis Obispo. It is also available for order through www.amazon.com. Visit www.wisewomansquest.com for more information.

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