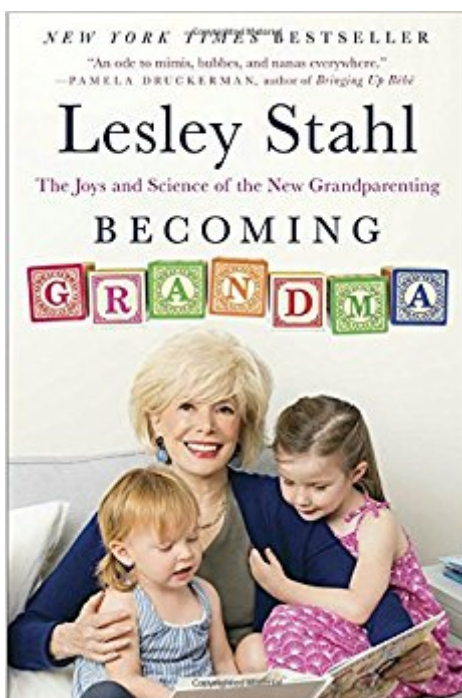


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Becoming Grandma: The Joys And Science Of The New Grandparenting



Synopsis

The New York Times Bestseller From one of the country's most recognizable journalists, Lesley Stahl of CBS's 60 Minutes: How becoming a grandmother transforms a woman's life. After four decades as a reporter, Lesley Stahl's most vivid and transformative experience of her life was not covering the White House, interviewing heads of state, or researching stories at 60 Minutes. It was becoming a grandmother. She was hit with a jolt of joy so intense and unexpected, she wanted to "investigate" it as though it were a news flash. And so, using her 60 Minutes skills, she explored how grandmothering changes a woman's life, interviewing friends like Whoopi Goldberg, colleagues like Diane Sawyer (and grandfathers, including Tom Brokaw), as well as the proverbial woman next door. Along with these personal accounts, Stahl speaks with scientists and doctors about physiological changes that occur in women when they have grandchildren; anthropologists about why there are grandmothers, in evolutionary terms; and psychiatrists about the therapeutic effects of grandchildren on both grandmothers and grandfathers. Throughout *Becoming Grandma*, Stahl shares stories about her own life with granddaughters Jordan and Chloe, about how her relationship with her daughter, Taylor, has changed, and about how being a grandfather has affected her husband, Aaron. In an era when baby boomers are becoming grandparents in droves and when young parents need all the help they can get raising their children, Stahl's book is a timely and affecting read that redefines a cherished relationship.

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Customer Reviews

“A very personal look at the changing role of grandparents . . . from longtime 60 Minutes correspondent Lesley Stahl, who has full-heartedly embraced the job . . . there are some great stories here.” • Judy Woodruff, PBS Newshour “[Stahl] turns her gaze inwards on the experience of being a grandmother . . . If every grandparent out there will buy this book they will be rewarded.” • Charlie Rose, Charlie Rose “It’s the personal stories that make [Becoming Grandma] so accessible.” | In the most illuminating parts of her book, Stahl writes candidly about her own experiences as a mother, wife, reporter and now, grandmother. • The Richmond Times-Dispatch “[An] energetic, informative, and often touching book.” | Stahl includes stories of generational conflict [and] plentiful glimpses of her family’s joys and those of many others. | No matter where readers fall in age or experience, this book should top their 2016 reading list of parenting titles. • Publishers Weekly, STARRED REVIEW “An ode to mimis, bubbes and nanas everywhere . . . Lesley Stahl reports from the fascinating front lines of modern grandparenting.” • Pamela Druckerman, author of *Bringing Up Bébé* “Lesley Stahl brings the keen reporting we know from 60 Minutes to the story of grandparenting. Amazed and delighted at the joy she experienced with the arrival of own two granddaughters, Stahl set about finding out why that was true. Her wise answers, both scientific and practical, provide useful information not only for grandparents and the children they cherish, but also for the wider society. This is a wonderfully fun read about an important subject.” • Cokie Roberts, author of *We Are Our Mothers’ Daughters* “Lesley Stahl, one of America’s most well-respected journalists, uses her reporter’s instinct and grandmother’s heart to take a bold look at life’s most joyful relationship in *Becoming Grandma*. Stahl’s wisdom, experience, and boundless love for her own granddaughters bring stunning new insights into this classic bond. I loved this book • a must-read for every family.” • Linda Fairstein, author of *Devil’s Bridge* “Award-winning broadcast journalist Stahl [investigates] the importance of the role grandparents can play in the lives of their children and grandchildren. Through the medium of her own experiences, the author delivers a wise and witty book. A welcome guide for new grandparents and their children looking to savor the joys and navigate the pitfalls of grandparenting.” • Kirkus From the Hardcover edition.

LESLEY STAHL is one of America’s most recognized and experienced broadcast

journalists. Her career has been marked by political scoops, surprising features and award-winning foreign reporting. She has been a 60 Minutes correspondent since 1991; the 2015-2016 season marks her twenty-fifth on the broadcast. Before joining 60 Minutes, Stahl served as CBS News White House correspondent during the Carter, Reagan, and part of the George H.W. Bush presidencies. She also hosted Face the Nation from 1983 to 1991 and coanchored America Tonight from 1989 to 1990. She is married to author and screenwriter Aaron Latham. They have one daughter and two granddaughters. From the Hardcover edition.

'Grandchildren are given to us to make up for aging', is something Lesley Stahl tells us, and it is so true. However, grandchildren are the life joy for the older crowd. My feelings about becoming a grandparent three times over is the most wonderful feeling in the world. Now, I understand why, grandmothers excrete a small amount of oxytocin when they pick up that little bundle of joy the first time. Like for the mothers oxytocin gives us a feeling of well being and overwhelming love. The importance of this book written by Lesley Stahl should not be understated. The science of grandparenthood is very important. Most grandmothers and grandfathers can relate to much of what is written. The love of the child that is an extension of your child, and your chance to love this little person with all your heart. We can relive the childhood experiences we may have missed because of our work lives or other issues when we were parents. We also learn that stepmothers and stepfathers are the fastest growing population in the senior ages. Some children have 4 sets of grandparents! Two sets of grandparents can cause jealousy and intimidation, and Lesley suggests new grandparents talk it out. The science behind our emotions, the research that has been done about grandparenting is so amazing. The new communities that have sprung up around the country for older people to grandparent children in need. And, the discussion of grandparents who now need to parent their grandchildren. Lesley gives us examples of her mother turning into a marshmallow with Lesley's child. What happened to the mother Lesley knew? Yes, we are free to be marshmallows, to provide love and toys and whatever else our grandchildren need. People who do not have grandchildren have never met a perfect person! We can all tell tales, we can relate to the stories Lesley tells, and we can share our love and devotion for these precious children who come our way. There is nothing better than become a grandparent people tell you, and it is so very true. Recommended. prisrob 05-30-16

A good read...a good start to my "reading up" in preparation for my first grandchild. I too have been shocked by some of my friends--who were career women and who seemed to tolerate parenting

more than love it--who changed suddenly into doting grandmothers. ??? WHAT?!? It was a joy to watch them...and this book helps explain some of what is going on. Great, honest insights. Since I was a mom of five who stayed home and even homeschooled my younger children, one might think I would be "at odds" with Lesley Stahl, career woman extraordinaire. Those mommy wars were mostly invented by some trying to stir up a story--and, yes, perpetuated by a few nasty working women and a few nasty moms at home. Most of us moms had WAY more in common than we had different, and I enjoyed friendships with career moms as well as with other homesechooling moms. Same is true of grandparenting--we have MUCH MORE in common as grandmothers than what is different. This book celebrates that AND gives insights into the journey ahead. Thank you, Lesley, for shining light on the path behind you to help those of us beginning our grandparenting journeys.

This was a very enjoyable, interesting and well-written book. As a grandfather I easily related to it, even though it was written more from the perspective of the grandmother. The demographics were also very informative.

Stahl offers a breezy read. As a grandparent, I certainly agree with her personal discovery of the joy of her new status. On the other hand, I expected some new insights that were, perhaps, less obvious. After all, I don't need to read a book to see the obvious. The book would be stronger with more research-based narrative or perhaps some comparative study of grandmas in different cultures.

I am on my third grandchild and I did not feel that Lesley Stahl portrayed the whole picture. She seemed to pick and choose her audience whom she got her information.

Lent this book to my Co-Madre (as she calls us) because I found it so insightful into trying to navigate the lines of good sense and the new generation of child-raising. The book also gave a peek into the difficulties of being the paternal grandmother as well as allowing me to have my own pity-party regarding my daughter's apparent appraisal of MY parenting skills. I have always heeded my step-daughter's remark to her own mother that "she had HER chance at parenting" and now her daughter was forging her own path. However, I get confused when being criticized for embarrassing a 2yr old when I say no to wiping chocolaty hands on my velvet upholstery. The section on the importance to and of the grandfather was also very illuminating. Do not be misled by the cover: this book is not for the batty rocking chair knitter. The book is aimed at the intelligent, often

still-employed and active grannies. I now feel better that I was the one to teach the girls to roughhouse and jump on the bed and bought them trucks for the water table. I also feel (slightly) better about the mandatory attendance at childbirth and discussions of eating the placenta. Most of all, I am grateful for the presence of my son-in-law's parents in this journey to advance mankind.

Excellent book for all Grandmas! Ms. Stahl did a great job voicing all that I went through as a new grandma 7 years ago. I am still biting my tongue more often than I'd like. It's good to know that we grams have a community out there. I am giving copies to a couple of new grams that I know. are also struggling. Times have sure changed. Maryann

I thought it would address at more length about grandparents not being able to spend time with their grandchildren and the heartache that goes with that situation. It was more Ms. Stahl dropping names and their experiences. Just not what I was looking for. I didn't even completely read it as I went along. I just skimmed.

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