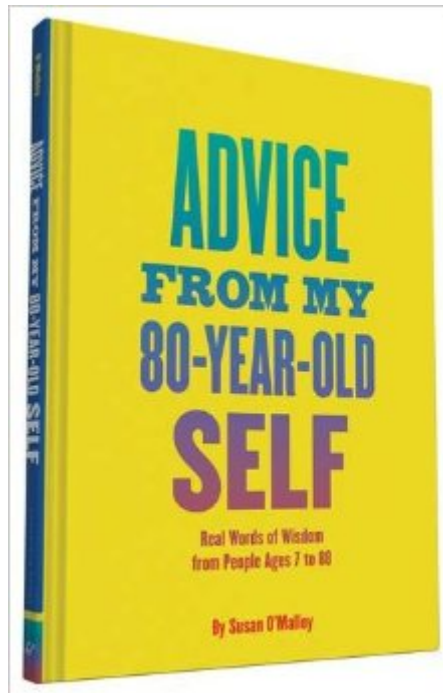


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# Advice From My 80-Year-Old Self: Real Words Of Wisdom From People Ages 7 To 88



## Synopsis

What advice would your 80-year-old self give you? That is the question artist Susan O'Malley, who was herself to die far too young, asked more than a hundred ordinary people of every age, from every walk of life. She then transformed their responses into vibrant text-based images. From a prompt to do things that matter to your heart, to a reminder that it's okay to have sugar in your tea, these are calls to action and words to live by—heartfelt, sometimes humorous, and always fiercely compassionate. This stirring celebration of our collective humanity unveils the wisdom we hold inside ourselves right now.

## Book Information

Hardcover: 128 pages

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Product Dimensions: 7.6 x 0.6 x 10.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars— See all reviews— (41 customer reviews)

Best Sellers Rank: #154,396 in Books (See Top 100 in Books) #44 in Books > Arts & Photography > Other Media > Conceptual #562 in Books > Self-Help > Creativity #658 in Books > Politics & Social Sciences > Philosophy > Ethics & Morality

## Customer Reviews

Beautiful words of inspiration that everyone needs to hear. The book is sitting on our coffee table and I open it daily to read a message I need to hear. I have bought multiple copies and given them to friends who needed some words of encouragement. In fact, I have a friend who handed out copies of this book to strangers in the streets of NYC bc they believed the words of wisdom found in this book should be shared and read by all.

One is instantly drawn to this bright, beautiful book. Each page features a clever, humorous and/or inspiring message that almost everyone can relate to. The pages are bold and vibrant. It sits on the coffee table and those who see it inevitably open it and proceed to read it from cover to cover. If you're having a bad day or need some inspiration to start your day, this is the book to read! "KEEP MOVING, KEEP PLAYING, KEEP DREAMING."

Inspirational truths with each turn of a page.... A book that is not to be missed! I purchased several copies one for home and one for the office. This book is a daily reminder that "LOVE IS EVERYWHERE LOOK FOR IT"!

Moving, wise, funny, surprising, beautiful. This is art that connects us with each other and with ourselves.

Amazing book. So full of wisdom. Incredible that it was written by such a young lady. We should all listen intently to our 80 year old self and more importantly heed her advice. Beautiful visually and inspirationally.

This book will warm your heart, bring tears to your eyes, put a smile on your face and make you feel like all is right in the world, for now. I could read this book everyday and a book I want everyone in the world to have.

I bought this for my daughter's reception book for her graduation party from her Master's program. It was perfect. I loved the large pages, bright colors and the great quotes. She is moving to another city so it was a great book for her to take on with her. People liked looking through the books to write notes next to a quote they liked. I also liked that there was some white space and blank pages. Perfect book!

We are loving this book in our Support Groups!! To finish our session we do round-robin and read a page. Everyone leaves smiling or giggling and some take a thought to practice. We've added the book to our tool box of wellness. Thank you Susan O'Malley!

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