



Together, we'll turn this next page of our lives curiously, boldly, and authentically.

# Turning

The Magic and Mystery  
of More Days

Available November 1, 2022

## PRAISE FOR *TURNING*

“If this book were in the Bible, it would be called ‘wisdom literature,’ like Psalms and Proverbs. And it truly is wise, with theological depth and psychological insight that will make a lasting impact on your life. Blue has opened the gate so that we can now enter our third act with joy.”

—Reverend Doctor Steven Paulson, PhD, senior fellow of theology at 1517.org and author of *Luther’s Outlaw God*

“*Turning* inspires us to embrace the days that lie ahead. Becky Blue beautifully weaves an authentic gratitude for life while remaining rooted in the quest for purpose and living a meaningful life.”

—Ashley Ballou-Bonnema, author, founder, and executive director of Breathe Bravely

“An important read, reminiscent of Sinclair Lewis’s writing, with statements that stab your heart. With *Turning*, Becky Blue reminds us that we are created to find meaning. A marvelous book.”

—Joyce Nelson, RN, PhD, professor emeritus, Augustana University

“*Turning* is a compilation of two of Becky Blue’s passions—health and faith. If you’re of a certain age, contemplating what the third stage of your life might look like, or pondering some of life’s tougher questions, pick up a copy. Don’t think of aging as getting older but as getting wiser.”

—Jeffrey Hayzlett, primetime TV and podcast host, speaker, author, and part-time cowboy

# Aging Should Inspire Wonder, Not Worry

In anticipation of her sixtieth birthday, Becky Blue began to investigate the magic and mystery of her own aging journey. But after years of hearing the common narrative—that aging is undesirable and difficult—could she embrace a fresh outlook, full of serendipity and surprises? Could she leave the worry and find the wonder?

*Turning* follows Blue on her own aging adventure and challenges readers of all ages to rethink their reaction to getting older. Drawing on the author’s faith and experience as a geriatric nurse, Blue invites her readers into a conversation about a third act of life that is filled less with woes and more with wow! As Blue says, “You’re never too young to decide how you want to age.” Discover the secret to welcoming, rather than dreading, the turning of the years.

## In an interview, Becky can speak to:

- How our culture makes older adults feel invisible and how this connects to ageism.
- How self-care and meaningful interactions can impact energy levels—aging doesn’t have to be isolating and difficult
- How her faith changed her perspective on getting older
- How narrative is currency and why it’s important for all of us to speak openly about our own aging experiences and hopes for our third act of life.
- How to find wonder during retirement (and anytime during your life)
- How her career as a geriatric nurse impacted *Turning*

## Meet the Author



Becky Blue caught the writing bug as a bell bottom-wearing high schooler, and she’s been putting pen to paper ever since. A professional career in geriatric and faith-community nursing only strengthened that passion, as her work sharpened her skills as a writer, teaching her to observe, listen, and question. Now, in retirement, the connections between health and faith have appeared on her blog, “Made with Words.”

*Turning: The Magic and Mystery of More Days* is Becky’s second book, following *Made with Words: Stories and Recipes from a Kitchen Wall*, a 2018 cookbook inspired by her love of gathering friends and family in her kitchen.

Becky Blue is available for interviews, features, book events, speaking engagements, and appearances.