

RPg

Retired Professionals Group

CILIP

SPECIAL
INTEREST
GROUP

Issue 91 • May 2020



Post-Lib

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*Please note that articles
presented in Post-Lib are not
necessarily opinions of the
RPG Committee or the editor*

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A note from the Chair

Ian Orton

My name is Ian Orton and I am the new Chair of the Retired Professionals Group! My background is public libraries starting as a library assistant in Nottingham before going to library school, heading up library authorities before moving into leisure and then corporate management. I am now a library volunteer in North Yorkshire.

I have become your Chair at a very exciting time both for our group and CILIP. As you all know, the role of libraries and information services has changed and CILIP has asked that the Members Network (which includes us) should reflect on the way they provide support at present and plan for the future. The broad options are to remain a full member (as we are now), merge with another group, have a change of focus or shut down.

These are serious options and a virtual meeting of the RPG Committee was held on 8th April 2020 to decide our future role. It was unanimously agreed at the start of the meeting that we wanted to continue as a full member; but recognised that to survive, we had to change focus

and get away from the notion that we were purely a group for 'mature' library and information professionals. At the end of the meeting it was agreed that we should broaden our focus and inform CILIP that we wished to retain full membership, but our future roles will include:

- Support career development and training particularly with the approaching 20,000 volunteers who now keep many public libraries open
- We should change our name to reflect our new focus
- Strengthen our regional base for the opportunities to share library and information experience, promote social events such as the Annual Lunch and use the networking skills to promote our group.

The timescale for the CILIP Community Strategy will be held up by COVID19, but during May CILIP plans a virtual discussion to keep the strategy moving.

There will be updates circulated to members during the summer and early autumn. Our Annual Lunch is still in the diary for Tuesday 22nd September and in the meantime, I would like your views on anything to do with our group. **PL**

Ian Orton

Editor's note

Christiana Ikeogu

Contact me

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Welcome to the 91st edition of CILIP RPG's Post-Lib

Change! Change! Change! It is normally said that our generation, senior citizens, resist change. But COVID19 and what it came with is a change every Tom, Dick and Harry has loathed. What a mayhem and havoc it has thrown into our lives. I cannot help but wonder how much impact this must be having on our RPG members and their families, especially when I see on a daily basis what is going on all over Britain and globally. My hope therefore is that this issue meets each one well.

At the last committee meeting in April, it was agreed to share as much as possible, the coping mechanisms individuals are applying to alleviate the impact of this pandemic and the lockdown we are facing. You will therefore notice that quite a few articles from within and outside sources dwell on suggestions, experiences and practical things we can all engage in.

The Committee has shown example of adaptability by conducting our last meeting via

zoom and it worked quite well – obviously not as good as the face-to-face ones.

You will notice the few changes in the official roles of your Committee. We will always remain indebted to Sian for chairing and leading RPG in the last two years. We now welcome Ian Orton who is very eager to take us through this uncertain period, which you and I cannot predict what will happen in our families, let alone the organisation we belong to. We just have to watch this space, remain positive and do as much as possible within our means and our abilities. Many thanks, Ian for stepping-up.

Peter Meadows, of AfterWorkNet sheds light on the age-old confusion about ageing and he charges senior citizens to dispel those sayings that put people down, and to see the real sense of the matter. Check it out and weigh in on what he is saying, and see if all or some really apply to you. Further down the pages, you will also experience Peter's



motivational energy as he tackles issues relating to COVID19, the lockdown and the likely effects they can have on us, if we fail to get organised, focused and remain active citizens.

I am very encouraged and hope you will be, to see how much our very own Charmaine Bourton and her family are trying to achieve a mammoth task of tidying and sorting their documents and music collections. What a job! And what a relief it will be when completed.

This is probably your first time of learning about David Byrne, who only joined the committee in February but is already making a lot of impact. You will be thrilled with David's active involvement with the University of The Third Age (U3A), and the artistic talent he is exhibiting. Well done David. We look forward to sharing more about you on this platform.

Lastly, please do not forget to check the Reports, Events and Announcements section.

Wishing you all a safe and healthy survival through this crisis. **PL**

**NEXT
ISSUE**

Please send articles in MS Word for the next issue before August 3rd 2020 to the editor at the following address: Christiana Ikeogu, 130 Elphinstone Road, London E17 5EX
Email: christieikeogu@gmail.com You can also speak to her over the phone on 07957726215

Lifestyles & Wellbeing



We've Got It So Wrong About Impact Of Ageing On Our Brains. Ready For Some Great News? By Peter Meadows

There's a picture of ageing that most people carry in their heads. It's one of inevitably being increasingly forgetful, irrelevant, and with limited ability to learn. And it's time to see things differently. That's the conviction of Daniel Levitin, an expert in how the brain works. And the news is good, because science is now revealing our older years to be very different from the accepted stereotypes. Very good indeed. *You are still a smarty pants.*

Daniel Levitin's been applying his discoveries to the brains and

lives of those in their retirement years. Put simply, his message is:

Though your pants might now be bigger, you are still a smarty-pants. But what about those times you've lost your keys – again? Can't remember thingamajig's name – again? Walked into a room but can't

“It's the ability to assess situations and make the best responses. With your brain's ability to spot patterns where others don't”

remember why – again? Daniel, a neuroscientist, cognitive psychologist, and with five best-selling books on the science of the brain to his credit says 'Don't blame your age because you are just as smart as you were'.

Don't believe the myth.

The myth is that with ageing comes a steepening loss of being able to remember. Yet, insists Daniel, the decline is far less than we have come to believe. More than that, the way we frame our expectations has a big impact on how we see things. Daniel points out that

having taught undergraduates for his entire career, he's watched them make all kinds of short-term memory errors. He says, 'They walk into the wrong classroom; turn up to exams without a pencil; forget something I taught two minutes ago.' This, he asserts, is all similar to the kinds of things their elders do. But the difference is how we come to describe such events.

These error making students don't think: 'This has to be a sign of Alzheimer's.' Instead they put it down to being too busy, not having enough sleep, or for some other reason. But for someone 50 years or so older, the prevailing explanation is that some marbles have now gone missing – accompanied by a worry about the health of their brain. More than that, there's the fact that older adults have more memories to search through to find what they're looking for. Our brain becomes crowded with memories and information. It's not an inability to remember that's the issue, but that there's so much more information to sort through. But don't we start to forget words as the years go by? According to one neuroscientist, Deborah Burke, of Pomona College's Project on Cognition and Ageing, when older adults lose track of individual words it's not the word itself that's forgotten but just its sound.

OUR BRAINS ARE BETTER THAN WE REALISE

Daniel cites research showing



our brains in later life actually have distinct advantages. He lists things like –

- Being able to resist acting on impulse
- Being able to deny gratification
- Being able to more easily get on with others
- Being able to make wise and thoughtful decisions.

For reasons like this, the brainy brain expert insists that those entering retirement are just reaching their prime.

OUR THINKING CAN EVEN GET BETTER

In fact, insists Daniel, some aspects of memory get better as we age. For instance, our ability

to extract patterns and to make accurate predictions improves because we've had more experience. For this reason, he argues, if you need an X-ray you want a 70-year-old radiologist reading it, not a 30-year-old one. Daniel concedes that brains slow down and get smaller over time. It's a decline starting from about our mid-30s. So with age comes a slowing down at answering quiz questions or retrieving names. But at other forms of mental processing we can get better — and faster.

For example, abstract thinking improves, reveals Daniel's research. This is the kind of processing that enables mathematical ability, language



“There’s the potential to keep learning and discovering into our 90s and beyond. We just need to expect it to involve a little more concentration and take a little longer.”

and problem-solving.

So, too, does practical intelligence – or ‘wisdom’. It’s the ability to assess situations and make the best responses. With your brain’s ability to spot patterns where others don’t, and to understand what’s likely to happen next.

DISCOVERY AND LEARNING ARE STILL POSSIBLE

Nor are those older and stuck in their ways as popular myth suggests. Neuroscientists speak of ‘plasticity’ – the ability, or not, for the brain to adapt and learn. A generation ago it was a ‘given’ among the scientific community that those over-60 had little hope of experiencing any

significant remodelling of their brains. But new research tells a different story. It’s one where the brains of older adults are able to take great steps to adapt and learn. The only difference being that it simply takes a bit longer. This means there’s the potential to keep learning and discovering into our 90s and beyond. We just need to expect it to involve a little more concentration and take a little longer.

All of which is perfectly summed up in the words of Daniel Levitin who says; ‘I’ve come to see ageing as not inevitably a period of decline and loss and irrelevance, but a period of potentially renewed engagement, energy and

meaningful activities.’ So it is down to each of us to decide which story we will live by. The one that resigns us to imagined inevitable decay. Or the one that grabs each moment positively to make the rest of our lives the best of our lives. Living in the way God has made us with all the opportunities this offers. **PL**

Bestselling books by Daniel Levitin include **Successful Ageing: A Neuroscientist Explores the Power and Potential of Our Lives and The Changing Mind: A Neuroscientist’s Guide to Ageing Well.**



Making the Most of Lockdown and Social Distancing By Charmaine Bourton

Decluttering and Sorting

ALREADY DONE:

- Clear, declutter and tidy both conservatories, garden shed and garden
- Clear, declutter and tidy loft
- Clear, declutter and tidy study
- Go through old bank statements and cheque books and recycle those over 7 years old
- Arrange and tidy all my drama

scripts and programmes of past performances

IN PROCESS:

- Clear, declutter and tidy spare room
- Put in albums my 50th and 60th birthday cards! (yes a few years behind!)
- Maintain my catalogue of

books, CDs and records, and consider online version

- Update my Christmas card collection
- Put remainder of postcards in albums, catalogue and cross reference
- Go through all my library paperwork and discard what I don't want to keep eg PADS

LOCKDOWN OBSERVATION

- We find we are now eating things like biscuits and sweets we are not very keen on.
- Things we have bought or been given and don't like very much, but don't dislike enough

to throw away, but when you go shopping the temptation is to buy what you really like and eat that instead.

- In order to avoid going shopping as much as possible

we are now turning to these foods we aren't so keen on! Our cupboard is getting emptier but in a good way!

from 15 years ago! Instructions for use of new computer system etc!

- 100 approx VHS (yes VHS!) to watch and then discard - thus assisting de cluttering progress!
- About 200 books to read - NB: I am reading hardbacks first because:
(a) they take up more room and they will be passed on when read, thus assisting de cluttering
(b) I take paperbacks on holiday and for days out, when lockdown is over!

ONGOING:

- Regular meetings with one drama group on Zoom

- Actual play rehearsal with other drama group on Skype
- Acting jobs are now by self-tape, so doing a lot of those
- Book I am reading at time of writing:
- Mother's Day on Coronation Street.
- Helping husband clear recently deceased mother-in-law's house. For someone who professed not to be a hoarder, she had a heck of a lot of stuff!

DECLUTTERING AND SORTING 2:

Chests of drawers - threw out 160 felt tips and pens which have dried up! **PL**



Suitable songs for the times

By Charmaine Bourton

Cliff Richard:
'From distance'
'Time drags by'

Police:
'Don't stand so close to me'

Three Degrees:
'When Will I see you again'

Songs particularly NOT appropriate for now:

Evita
'Don't cry for me Argentina'
'Don't keep your distance'





Living In the Coronavirus Era:

Want To Do Better Than Just ‘Survive’ The Lockdown? Here’s Some Simple Ways To Actually Flourish. By Peter Meadows

While in quarantine during the plague, Shakespeare wrote King Lear, Macbeth, and Anthony and Cleopatra. And while in isolation, Sir Isaac Newton made some of his greatest discoveries including gravity. You and I may not reach such great heights during the present lockdown. But we can use the time to do better than just survive. Yet it won’t ‘just happen’.

I like the approach of the author Guy Dauncey on keeping SANE during the crisis. With SANE stands for Strong, Active, Neighbourly and Energetic. With that in mind, here’s some realistic suggestions that could lead you to coming out of the lockdown with something under your belt – and, hopefully, with it a notch or two tighter.

ESTABLISH SOME RULES

Avoid the risk of just drifting, and letting things take their course, by establishing some rules to follow. I’m not suggesting mine should be yours. But here they are in the hope they give you something to think about.

- Exercise 6 days a week
- Be productive 5 days a week
- No TV mid-morning or afternoons most weekdays

- Make proactive phone/Facetime calls at least twice a week
- Occasionally reward myself for good behaviour

SET YOURSELF GOALS

Again, this is about not drifting, because having goals gives you something to aim for and have a sense of achievement when you’ve ticked them off. Your goals will be personal to you. But, again, here are mine in the hope they inform your thinking.

When this season is over I want to –

- Be fitter
- Be more connected with family, friends and neighbours
- Have a more rounded perspective on life
- Have touched up lots of paintwork in the home
- Have sorted our historic family photographs
- Have learned to play the ukulele
- Have sold some of our stuff on eBay

KEEP THE RIGHT FOCUS

This is the spiritual bit. When walking on the water to Jesus, Peter began to sink because his eyes were on his circumstances. Perhaps this was in the mind of

the writer to the Hebrews who encourages us to run ‘fixing our eyes on Jesus . . . so that you will not grow weary and lose heart’. Hebrews 12.2-3

GET SUNLIGHT AND FRESH AIR

Open those windows when inside and take every opportunity to get outside that the ‘rules’ allow. And fill your lungs – good deep breaths – when you do. This is not just a good idea. Sunlight produces vitamin D which cheers us up. And fresh air is seen to improve blood pressure, reduce stress levels and improve the way we feel.

KEEP ACTIVE

Get things done – things that keep both your body and mind active and with thoughts other than on the crisis. Make a list and get to work - from those kitchen cupboards to disorganised drawers; a new project for the garden to a new hobby or learning experience.

LOOK AFTER YOUR APPEARANCE

When tucked away, with no need to be ‘presentable’, the temptation is to slob



out. Perhaps not with full-on slobbery; but with a gentle drift to taking less care in the sprucing up department. Taking care of our appearance increases our sense of well-being, helping keep us motivated.

DON'T KEEP LOOKING AT THE SAME FOUR WALLS

Cabin fever comes from the impact of being stuck in the same environment for days on end. A smart move is to change the 'cabin'. Could you rearrange the furniture, redecorate, find a way not to spend all your time in the same room? Even swapping some of the pictures or having a big declutter of ornaments and pictures can make a positive difference.

MAXIMISE THE OPPORTUNITIES FOR HUMAN ENGAGEMENTS

People need people and there are many ways to engage in the

lockdown era – including social media and online via Skype, Zoom, etc. Use them to the full. This is not the time to be shy or to leave the initiative to others. One simple way is to hold a Come Dine With Me dinner party – inviting a few friends simultaneously share a meal while joined together on Zoom.

ENJOY THE EXPERIENCE OF EATING WELL

In the old 'normal', life could be too busy to cook from scratch, right down to making our own sauces or using a range of herbs and spices. That's no longer the case. You can now enjoy the relaxation of creating a self-prepared meal and the benefit from eating less processed food. So dust off your cookbooks, search Google – BBC Food comes recommended. Better still see the great recipes in Rosemary Conley's Stay Young Diet.

DEVELOP A NEW SKILL OR INTEREST

Though stuck at home, it's still easy to work at a new skill or hobby. For a mass of ideas see this list on **Wikipedia**. To help make it happen, **Skillshare** has hundreds of free classes led by those they say are 'icons, experts, and industry rock stars excited to share their experience, wisdom, and trusted tools'.

DO SOMETHING FOR OTHERS

Shift the focus from the virus and yourself by helping others – which is good for you and good for them. A simple way is to create a list of those you could cheer up with a phone call. But you could do something more substantial either through your church or some other way.

The charity Rest Less has some practical ideas including –

- Good with languages? Then put this to good use by volunteering for Translators

Without Borders (TWB)

- Help those visually impaired. Use the Be My Eyes app to make life easier for people who are partially sighted around the world. Anything from helping them check food expiry dates to distinguishing colours or navigating surroundings.
- Give practical support to overseas missionaries. Can you post a magazine? Search the internet? Audio type? Then MissionAssist will like your skills to urgent needs.
- Be a grandparent to children on another continent. Though called Granny Cloud, it links male and female volunteers by Skype into remote locations to chat with, listen to, read with and play with underprivileged children in Colombia, Cambodia, Mexico, Greenland and Jamaica.
- Contribute to peace and sustainable human development. As a United Nations Volunteer your time will impact the wellbeing of others by matching your skills to the opportunities. Everything from writing and editing to teaching and training. Art and design to research. Administration to event organisation.

“A smart move is to change the ‘cabin’. Could you rearrange the furniture, redecorate, find a way not to spend all your time in the same room?”



EXERCISE AT LEAST A LITTLE EACH DAY

There's a lot more benefit to moving around with some energy than you may imagine. Along with strengthening your body parts your brain gets a treat as well. This is because exercise causes the brain to release hormones- endorphins – that cheer you up and help you to sleep.

If this thought is new to you then start small and build up. A short sharp walk is good for starters. And check what is free on Google that you can do at home and do as much as you can. For more on this see the AfterWorkNet webpages on Keeping Fit.

DON'T BE TOO DRIVEN

Finally, in these challenging and strange times cut yourself a

little slack. You won't hit all your goals or get everything done you'd hoped for. But celebrate what you can do and treat yourself when you at least get somewhere there.

If you think others will be helped by this, please share using the links below.

Do you have a 'rule', 'goal' or insight on making the most of the lockdown? Please share it here or on the **AfterWorkNet Facebook community** 

Peter is AfterWorkNet's Programme Director and presently under 'house arrest' and missing his grandchildren. He's using his retirement to help churches, resource inter-church initiatives, and dreams of escaping to Spain when travel permits.



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Living the Lockdown Life

Lockdown Reading/Writing/Listening

By David Byrne

Staying at home has given us all more time: cooking and gardening seem to be top of the list for most people, but for me, I have been reading and painting more. Some time ago I set up a "Writing for Pleasure" Group for our local University of the Third Age and with the arrival of lockdown we have now moved things online using the Zoom web conferencing system.

The online version of our group has broadened the membership

and we now meet once a fortnight. One of our new joiners prompted me to download some short stories by P G Wodehouse. We all need a bit of humour at the moment and the Wodehouse short stories are great for dipping into. You can download the P G Wodehouse books for free from Project

Gutenberg and if you then open them

in your Books App you can then read in comfort on a tablet computer.

One of the members

of our writing group mentioned that they had been in correspondence with Wodehouse as a teenager and that they continued to write until the year he died. Fascinating to find these personal connections with the authors.

UNIVERSITY OF THE THIRD AGE (U3A):

U3A aims to encourage groups of people in their third age to undertake learning for its own sake get creative and sociable.

It is low cost to join your local group and if a subject of interest to you is not covered you can easily start a new group.

U3A.org.uk

**Zoom web
conferencing**

**sign up for free at
zoom.com and run
your own discussions with
friends and family
(free meetings limited
to 40 minutes)**

Reports, Events and Announcements

RPG Annual Report 2019

In terms of Committee membership, 2019 saw the stepping down of two long-serving members. Firstly, Joan Woollatt, for many years treasurer of the Retired Librarians Guild, and then continuing to see through the transition to the CILIP Retired Members group. Secondly, Alison Hall, Secretary, who has likewise served for a number of years. Appreciation for their dedicated service was expressed at the AGM, and gifts were presented.

We are fortunate indeed to have found replacements for both these officer roles. Judith Allery comes as Treasurer after gaining much experience in the same role for the London Regional Committee. At the end of the year, we welcomed a new Secretary in Sheron Burton, who (among other things) serves

on the CILIP audit committee. Please see p.1 of Post-Lib for a full Committee list.

The main activities of 2019, in line with our Business Plan, were:

Name change

The transition to the new name of Retired Professionals Group has now been completed. At the end of 2019, there were around 560 members.

Visits

- Whitelands College, University of Roehampton
- Frogmore Paper Mill
- Royal Courts of Justice

Many thanks to Charmaine for organising these. It was decided that future visits would be free of charge and booked direct.

Annual lunch 2019

This was held at the Civil Service Club in April, and attended by 36

members. Despite the speaker pulling out through illness, it was a great success and well organised by Ian.

Networking & Promotion

The Member Networks forum event was attended by our Treasurer, Judith Allery. CILIP Conference 2019 was attended by Ian Orton (as the RPG representative, so funded by CILIP) and Christie Ikeogu (who applied successfully for the RPG Bursary Award). Christie also attended the Member Networks Forum in May, and Judith attended the one in October.

Finance

As a result of reducing the printed issue of Post-Lib from three to one, with the other two issues being electronic only, has ensured that we have kept within our budget.

Announcements

Retired Librarians Annual Lunch

The 2020 Retired Professionals Group lunch has been postponed to September.

When: Tuesday, 22nd September 2020 at 12.30 pm

Where: Civil Service Club, Great Scotland Yard, Westminster, London SW1A 2HJ

For further information about the lunch please contact Ian Orton at ianorton5@gmail.com

Annual General Meeting

The RPG AGM due to be held on 16th June has been postponed. We will contact you later in the year when we are able to announce a new date.

RPG Annual Accounts

Income & Expenditure Account for the year ended 31 December

INCOME	2019 (£)	2018 (£)
CILIP Capitation	1,500.00	1,500.00
CILIP's Sponsorship income		
CILIP's Sponsorship accrued income	500.00	
Associate subscriptions		
London Lunch event	1,072.54	1,073.00
East Midlands Lunch event		
Visits donations	215.36	
Library services trust donation		
Miscellaneous	12.25	
Member Network Central Fund grant	500.00	2,164.00
Xmas Lunch Loughborough		522.50
	3,800.15	5,259.50

EXPENDITURE	2019 (£)	2018 (£)
RMG Magazine- Post Lib	291.95	3,147.00
Postage & telephone	4.75	16.62
Stationery & printing	22.57	
Other travel & subsistence	989.50	1,126.51
Xmas Lunch Loughborough		427.75
London Lunch event	1,150.20	861.84
Bank charges	2.10	
Other expenses	401.26	
Honoraria	71.40	
Amount outstanding on Head Office inter group a/c	690.31	12.25
Irrecoverable VAT	20.77	23.14
	3,644.81	5,615.11
Surplus (Deficit) for the year	155.34	(355.61)

ASSETS	2019 (£)	2018 (£)	COMMENT
Debtors			crec 63585 FY19-£154.45 plus FY18-£208.26 as per bank reconciliation
Income received at Head office not yet transferred to the group	500.00		
VAT	362.72	208.27	
Cash at Bank	2,653.67	2,474.72	
	3,516.39	2,682.99	

LESS LIABILITIES	2019 (£)	2018 (£)	COMMENT
Amount owed to the head office	690.31	12.25	PINV70685&7 July 19 HO Credit card purchases- gjn16713
VAT			
	690.31	12.25	

NET ASSETS	2019 (£)	2018 (£)	COMMENT
	2,826.08	2,670.74	

ACCUMULATED FUND	2019 (£)	2018 (£)	COMMENT
Unity Trust bank	2,670.74	3,026.35	Opened Unity Trust bank account 28 March 2017
Surplus (Deficit) for the year	155.34	(355.61)	
	2,826.08	2,670.74	

CHECK	2019 (£)	2018 (£)
	0.00	0.00

Independent Examiner's report

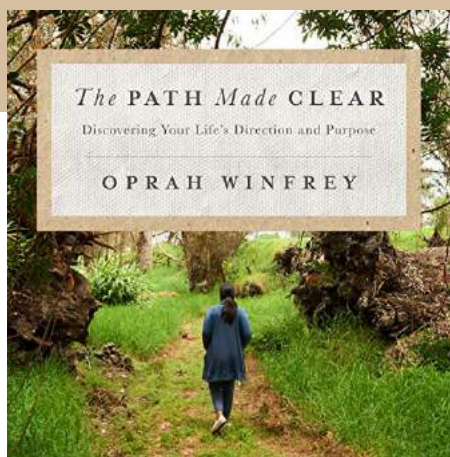
I confirm that the above Balance Sheet and accompanying income & Expenditure Account are in accordance with the cash Book and that i have examined samples of the records and Unity Trust bank statements to verify their accuracy

Signed:

Independent Examiner: Abosede Dada (FCCA)

Date: 02 May 2020

FOR NEXT ISSUE Please send articles in MS Word for the next issue before August 3rd 2020 to editor.rpg@cilip.org.uk



Book Review

The path made clear: Discovering Your Life's Direction and Purpose

Author: Oprah Winfrey

Publisher: Bluebird

Audible Length: 2hrs 55 mins

Price: £18.99

***'I don't believe
in coincidence.
I know there
is a divine
order to the
magnificent
mystery of
our lives'***

I felt guilty of the phrase, 'don't judge a book by its cover', when I saw the title of Oprah Winfrey's *The Path Made Clear*, because I immediately thought she was going to talk about the things that led to her successes in life. My conviction was even stronger as I saw the picture of the lush natural environment on the cover. It was however comforting to see how not-so-far-off my assessment was, as I started ploughing into the contents. Yes, the *Path Made Clear* explores the purpose of life, of existence and success, of taking the direction we take, of journeying with the people and places we touch, and of continuing the way we have gone regardless of other life's interferences.

The book is divided into ten chapters. And in a unique and unselfish way, Oprah brought various perspectives into each topic. She introduced each one, and then invited voices of the different writers and influential people she interviewed, sharing their thoughts, concerns and aspirations on the topic in question. Each section is interlaced with stunning, soothing landscape photographs. It is a coffee table type of book, very inviting, and once you start leafing through the pages, you're sure to get hooked on a topic or two.

Three of my favourite quotes and excerpts are:

'Everyone has a purpose', and according to Oprah, 'our job is to figure out as soon as possible what that is, who you are meant to be, and begin to honor your calling in the best way possible'.

'I don't believe in coincidence. I know there is a divine order to the magnificent mystery of our lives'

According to Eckhart Tolle, 'There are two levels of truth. One is to see the craziness of what is happening now. And another is to see, from a higher perspective, that what is happening now is part of our evolution'.

There are many wow moments as you explore and gain insights into the minds of the contributors to this work. I find the epilogues – brief introductions Oprah made about the contributors an additional strength to the book. One can quite easily dig deeper into the works of those personalities if required.

For those of us who might think they've been there, done it and can't see the need to ask what life holds for them, my response is to share what you learn from the work with the younger generation. It is never too late to inspire and motivate people around you. Moreover, neither Oprah nor the contributors talked about the age to start exploring your purpose, but the urgency in the matter is to start now, right where you are. **PL**

Christiana Ikeogu