

# Uncovering the Secrets to a Long and Meaningful Life

An unlikely friendship with a spirited centenarian culminates into valuable lessons for personal growth, love, true friendship, and balancing work and family.

## *Love, Life, & Lucille: Lessons Learned from a Centenarian*

**“Author Judy Gaman has uncovered Lucille’s secret, and you will find it here within these pages. This book is a peek inside a life well lived. As you will see, Lucille is a prophet, a philosopher, and a storyteller. She is aspirational, inspirational. We all want what she has.” - Suzanne Somers, actress and author of *Breakthrough: Eight Steps to Wellness***

As a determined professional in her forties, Judy Gaman didn't realize that she was trapped in an unrelenting and all-too-common cycle of workaholism, something she inherited from both her parents. She spent so much time keeping her head down and pursuing her professional dreams that she lost sight of the little things in life that really matter.

While writing a book about longevity, Judy met centenarian (100+ yrs in age) Lucille Fleming in Dallas. Lucille was larger than life, and what was supposed to be a short meeting turned into an inseparable friendship. The two bonded and through their shared stories, they learned that true friendship knows no age. They also discovered that the human experience, regardless of generation, has similar milestones that shape our lives and make us who we become.

Lucille's lessons would ultimately help Judy break free from the chains of workaholism. But, it wasn't until Lucille's death that Judy realized the importance of the first lesson Lucille ever taught her. *Love, Life, & Lucille* highlights the core of Lucille's secret to a long and meaningful life.

## SEGMENT IDEAS/ TOPIC SUGGESTIONS

- How did spending time with someone over 100 change your life? Everyone needs a senior citizen friend!
- When did you realize you had fallen into the workaholic lifestyle? How did you get out of it?
- How did having Lyme disease turn out to be a blessing in disguise?
- What were some of Lucille's secrets to living a long and happy life?
- How has social media camouflaged what true friendship really means? How do we find true "friends"?
- The book is filled with truly funny moments. What are some of your favorites?
- A funny thing happened when people met Lucille; describe the unusual effect she had on strangers.
- After reading them for years, you say obituaries come down to two types. Tell our audience a little bit about that interesting observation.

# Love, Life, & Lucille

*Lessons Learned from a Centenarian*



*Judy Gaman*

## BOOK DETAILS

Paperback

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## About Judy

Judy Gaman is an award winning author, public speaker, and CEO of Executive Medicine of Texas. She's spent nearly a decade offering advice on longevity and vitality as a voice of The Staying Young Radio Show, which was nationally syndicated on 58 stations.

When not working on the podcast *Stay Young America!*, she serves as a healthy living expert for Fox News and other media outlets. Judy is a five-time author and has appeared on Fox News Radio, Good Morning Texas and San Diego Living, among numerous other outlets.

Judy also tours as a public speaker, and has been entertaining audiences of all sizes for years. She crafts her presentations around engaging and easy-to-understand concepts including longevity, vitality, and healthy living. Her presentations touch on topics like curing workaholism and burnout, while still being a strong leader.

Judy is the author of two other books, *Age to Perfection: How to Thrive to 100, Happy, Healthy and Wise*, and *Stay Young: 10 Proven Steps to Ultimate Health*.

## Praise

**\*\*\*Love, Life, and Lucille received multiple “Favorite Five-Star Reviews” from Readers’ Favorite\*\*\***

“Judy Gaman writes from the heart, with honesty, humility, and tenderness. This story offers a profound and invaluable lesson, but it also grabs you from the first chapter and keeps you reading. What a treat! A wise page-turner. Wish there were more out there like it.” William Kenower, author of *Fearless Writing*, and Editor-in-Chief of *Author* magazine

“Riveting, heartwarming, emotionally moving, and beautifully written in a folksy manner, Judy Gaman's latest book, *Love, Life, and Lucille*, is an easy read and must-read for all!” – Fran Walfish, Beverly Hills family and relationship psychotherapist, author of *The Self-Aware Parent*, and co-star on Sex Box WE TV

## Discussion Topics and Timely Tie-ins

(Pre-publication, available for comment/ contributed articles):

- International Friendship Month - February
- Relationship Wellness Month - February
- Random Acts of Kindness Week - February 11-17
- Make a Friend Day - February 11
- World Health Day - April 7
- Tell a Story Day - April 27
- Older Americans Month - May
- Lyme Disease Awareness Month - May
- Mother's Day - May 10
- Best Friend's Day - June 8
- Elder Abuse Awareness Day - June 1



**Judy Gaman**

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