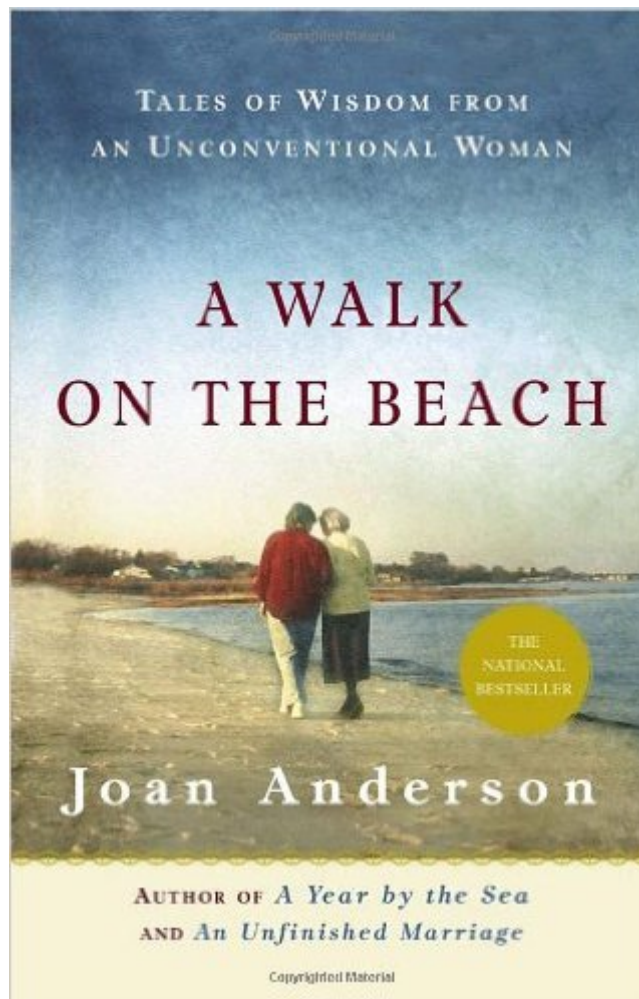


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# A Walk On The Beach: Tales Of Wisdom From An Unconventional Woman



## Synopsis

Shortly after arriving on Cape Cod to spend a year by herself, Joan Anderson's chance encounter with a wise, playful, and astonishing woman helped her usher in the transformations and self-discoveries that led to her ongoing renewal. First glimpsed as a slender figure on a fogged-in beach, Joan Erikson was not only a friend and confidante when one was most needed, but also a guide as Anderson stretched and grew into her unfinished self. Joan Erikson was perhaps best known for her collaboration with her husband, Erik, a pioneering psychoanalyst and noted author. After Erik's death, she wrote several books extending their theory of the stages of life to reflect her understanding of aging as she neared ninety-five. But her wisdom was best taught through their friendship; as she sat with Anderson, weaving tapestries of their lives with brightly colored yarn while exploring the strength gathered from their accumulated experiences, Joan Erikson's lessons took shape on their small cardboard looms as well as in her friend's revitalized life. In writing about their extraordinary friendship, Anderson reveals a need she didn't know she had: for a mentor to help navigate the transitions she faced as she grew beyond middle age. And when Joan Erikson had to face her husband's death and the growing limitations of her own body, Anderson was able to give back some of the wisdom she had gleaned. To this poignant, joyful account, Joan Anderson brings the candor and sensitivity that have made her an acclaimed speaker and writer on midlife and its possibilities. *A Walk on the Beach* is an experience to savor and treasure, a glimpse of the exuberant spirit that can be sustained and passed on in all our friendships.

## Book Information

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## Customer Reviews

While *A Walk On The Beach* represents the final part of a divine trinity of books, the internal divine trinity is the coming together of the two Joans in the presence of the Sea - which has always been a metaphor for Consciousness, the Womb of the Great Mother. Joan Anderson is a great observer of Life and the human experience, and her ability to articulate the way people think and feel, especially in the context of relationships, of all kinds, is unsurpassed. That she should meet Erikson's wife in a beach/seashore setting, especially in Cape Cod, Mass, in magical New England, the virtual birthplace of what is now the United States, is most interesting - the seashore also being a symbolic point of transition for a mermaid/siren figure seeking transformation into mortal womanhood, as in *The Girl In A Swing*, by Richard Adams (also an excellent movie). With the two Joans, the transformation is mutual, as these wisewomen unfold their lives in quite different marital circumstances. For the record, Erikson the psychologist extended Freudian theory by factoring in the effects of culture and environment to the stages of human development rather than merely biological influences. To Erikson, development was a lifelong process. The main criticisms of this work focused on his gender and ethnocentric bias. The later, Third Wave psychology of Maslow and after, addressed the individual's relationship to the Universe itself, rather than the experiential layer generated by society. Joan Erikson herself continued to expand on the work she had done with her husband with her own hands-on experience of old age (she was 90 when the Joans met), and Joan A was able to benefit from this wisdom first hand.

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