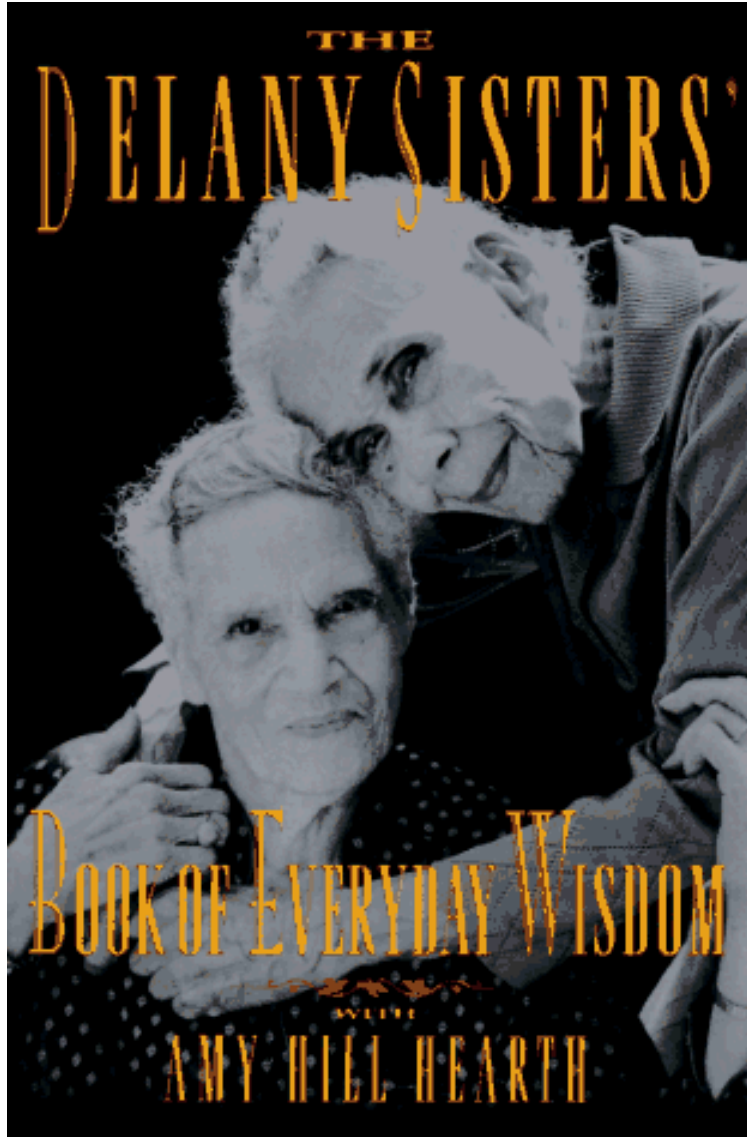


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The Delany Sisters' Book of Everyday Wisdom

Sarah Louise Delany, Amy Hill Hearth, Annie Elizabeth Delany
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Sarah Louise Delany, Amy Hill Hearth, Annie Elizabeth Delany : The Delany Sisters' Book of Everyday Wisdom before purchasing it in order to gage whether or not it would be worth my time, and all praised The Delany Sisters' Book of Everyday Wisdom:

1 of 1 people found the following review helpful. A Must ReadBy Book Club MomThis is a delightful book. The two sisters are candid and fun as they talk about various topics, from telephones and washing machines, to much more

serious topics like Jim Crow. 4 of 4 people found the following review helpful. As it should be By Girlease Bra Liner If only everyone had the ethics of these two ladies. Such sweet and warm inspiration. I purchased several copies, and each person that I've given a copy to has adored it! A true American treasure. THIS is a book that should be taught in our public schools! 4 of 4 people found the following review helpful. Great book By Kelly Years ago, I had gone back to school as an adult student. I had dropped out of college at 20, and lived to regret that decision. By the time I was 30, I was broke, exhausted from the demands of working two jobs and attending classes full time and really wondering where all the time had gone. One day during a break between classes I went to the free rack at the campus library and saw the Delany sisters' book "Having Our Say". The book had originally been released during my first stint in college when I was about 19. I remembered seeing it in all the bookstores but I couldn't imagine at the time what a couple of 100+ year olds would have to say to me in all my youth and splendor. I never bought the book, but 11 years later I pulled it off the free shelf and ended up reading it in one sitting. Eventually, I also got this book (this time I paid for it). The Delany Sisters' outlook on life is amazing. I have read and re-read both this book and "Having Our Say" many times over. This book talks about everything from the appropriate way a woman should dress, the difference between self indulgence and self-respect, and how to take care of yourself mentally, physically, economically and spiritually. I wish I had gotten a dose of this as a younger woman...it would have saved me some hard times. I am now 36, and I think the Delaney sisters would agree that no age is too late to adopt some of the philosophy expressed in this book.

Since the Delany Sisters took America by storm with their national bestseller, *Having Our Say*, they have been besieged by requests for readers for more. In their new book the ladies provide a lifetime of wisdom and examples designed to enlighten every person seeking to live long and well.

From Publishers Weekly An inspirational and delightful guidebook on how to live long and well, written by feisty centenarian sisters who do yoga every morning, this no-nonsense manual could add years to your life. Authors of the bestselling *Having Our Say: The Delany Sisters' First 100 Years* (also written with Hearth), Sarah, now 105 years old, and Bessie, 103, were among the first African American professional women in New York City during the Harlem Renaissance. Born in Raleigh, N.C., to an ex-slave turned Episcopal bishop and a free-born mother of mixed racial parentage, the Delany sisters rejected marriage proposals to live together and pursue careers—Sarah a high-school teacher, Bessie a dentist. Their homespun, plucky advice—exercise regularly, don't smoke or drink, shun credit cards, spend more time with family—reflects their perception that people today are too rushed, self-centered, overworked, lack consideration and "rot their brains" watching TV. Interspersed with family photographs and documents, recipes and numbered lists of pointers for right living. Copyright 1994 Reed Business Information, Inc. "Atop a hill overlooking Manhattan, the Delany sisters practice the ancient art of the elders." -Washington Post "They are literature's living kin." -Margo Jefferson, *The New York Times* "The Delany sisters are a national treasure." -Julian Bond About the Author SARAH LUISE (Sadie) and ANNIE ELIZABETH (Bessie) Delany were born and raised in Raleigh, North Carolina. As young women, they moved to Manhattan and became leading professionals in New York City. Bessie, a dentist, died in 1996 at the age of 104. Sadie, a New York school teacher for many years, is now 106 and continues to maintain her home and garden in a town near New York. AMY HILL HEARTH, a native of Massachusetts, won numerous awards for her work on the Delany sisters' *Having Our Say*. She was formerly a journalist and a regular contributor to the *New York Times*.