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THEATER

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The Seasoned Woman

Published: March 5, 2006

To the Editor:

I keep wondering if your reviewer Toni Bentley and I read the same book, Gail Sheehy's "Sex and the Seasoned Woman" (Feb. 5). Bentley says Sheehy's "prose is sloppy and frequently awkward." Hardly. Gail doesn't know how to write that way. Bentley also seriously objects to the premise of the book -- that women over 50 can and should continue to be sexual creatures, to have sex with a partner, if available, alone if necessary. Why is Toni Bentley so upset with this premise? She wonders about the intangible component called dignity -- "how to have it, how to keep it, how to teach it." I've read Gail's book thoroughly and don't find a single line lacking in dignity. Gail is seriously helping anybody who reads the book have a more comfortable midlife minus any crises whatever but also filled with continued joy and expectation. Being way, way over 50 (84!), by the way, I found the book realistic and inspiring. Don't mean to sound braggy (you know I don't know how to keep secrets), but my 90-year-old playmate and I are still sexually involved -- pleasurably, reasonably frequently. Seems to me if we can, anybody can.

Helen Gurley Brown

New York

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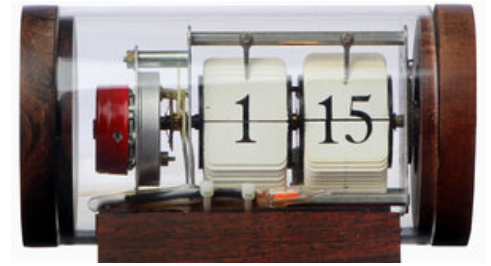
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