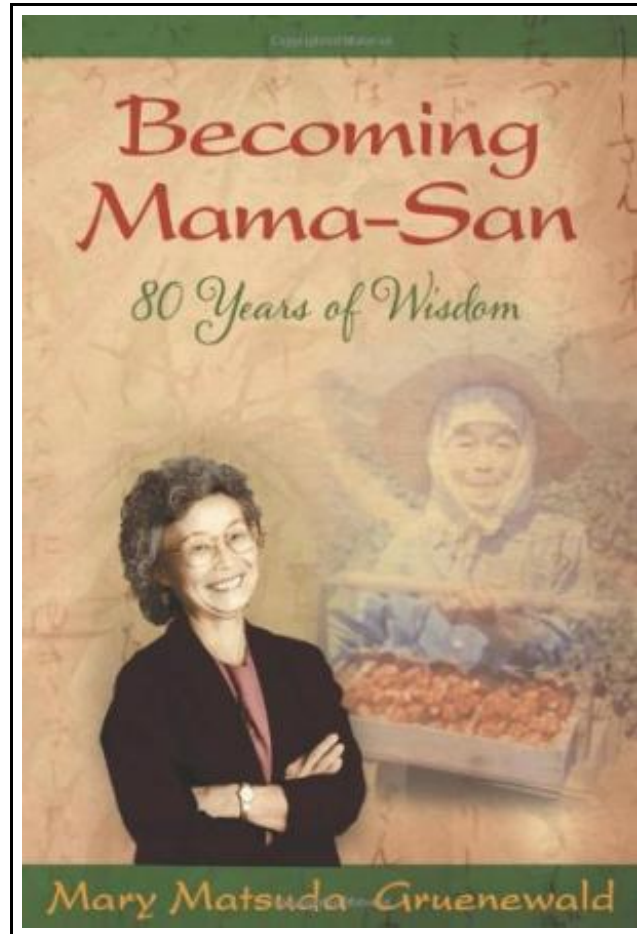


## Becoming Mama-San: 80 Years of Wisdom



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### ***Reviews***

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*(Rebecca Bechtelar)*

## BECOMING MAMA-SAN: 80 YEARS OF WISDOM



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NewSage Press. Paperback. Book Condition: New. Paperback. 180 pages. Dimensions: 8.9in. x 6.0in. x 0.5in. In this book, 86-year-old author Mary Matsuda Gruenewald has distilled her lifetime of wisdom into ten stories, each one conveying an essential life lesson. Each chapter is a story from the author's life and how she learned the specific life lesson connected to each story. Mary lived through the Great Depression as a young child, imprisonment in a Japanese-American internment camp as a young adult, the cultural taboos of an interracial marriage, reverse racism, and divorce. In her later years, she learned the importance of forgiveness and reconciliation on a personal level as well as within the Japanese-American community. At 80, Mary recognized there was a part of herself she had never accepted and embraced. A trip to Japan after the publication of her first book helped Mary make peace with her Japanese roots and her ancestors. As a nurse, Mary cared for many patients who faced death. In time, she overcame her own fears about death and dying, which has resulted in her living life more fully. In her mid-80s, Mary completed preparations for her own death, realizing this is part of living a good life. Finally, Mary writes about the importance of leaving a legacy for future generations, and the special way she will leave her legacy. The simple yet profound wisdom in these stories will appeal to all generations seeking insight and direction from elders. The following is a brief description of each chapter. Annotated Contents Prologue: Mama-san! reflect upon my life and the memory of my mother, and what it is like to find myself in the role that she once held for me. Now, I am Mama-san. Chapter 1: The Privilege of a Simple Life Growing up in the 1920s and 1930s on...



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