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FOR IMMEDIATE RELEASE
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LOCAL AUTHOR ROBERTA MAISEL DISCUSSES *ALL GROWN UP: LIVING HAPPILY EVER AFTER WITH YOUR ADULT CHILDREN* AT BERKELEY LIBRARY

Many parents in their 50s and 60s don't know how to parent their adult children. Yet increases in health and longevity mean that parents and their children may share 40 or more years together as adults. *All Grown Up* describes how mid-life parents and their grown children can celebrate this new lease on life together by developing loving and egalitarian friendships that are positive and guilt-free. The author, Roberta Maisel, trained in sociology and community mediation, has taught classes on aging, adjustment to loss, and parenting. She has three grown children. Maisel will be discussing her book at the **North Branch of the Berkeley Public Library on Wednesday March 12th from 6:00 to 7:30pm.**

This event sponsored by the Friends of the Library is **free**. For more information call **North Branch at 510-6250. North Branch is open Mondays, Tuesdays, Fridays, and Saturdays from 10-6pm and Wednesdays and Thursdays from 12-8pm.** For questions and accessibility information, call **510-981-6107, TTY 510-548-1240, <http://www.berkeleypubliclibrary.org>.**